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THURSDAY JANUARY 23RD, 2020

**Beauty brand returning to Barry on UK's
first new urban high street - see page three**



**VALE OF GLAMORGAN COUNCIL
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AWARDS 2020**



Leader's hint on council tax rise

EXTRA cash from the Welsh Government could mean a council tax rise in the four-to-five per cent range, reading between the lines of the latest column in The GEM by the Leader of the Vale Council, Cllr Neil Moore.

Recent consultation exercises by the Vale Council had suggested a 'worst case' scenario of around 10 per cent.

However, in his

column, Cllr Moore says: "It was good news that the Welsh Government gave us increased funding this year, which we were not expecting."

"As most of our finance comes directly from Welsh Government, an increase in this area will have a positive impact and reduce the amount of council tax we need to raise this year."

He added that the exact amount that the Vale will receive is yet to be confirmed, and is guarded over exactly

what council tax rise is in mind. However, the good news about the unexpected rise does suggest that the worst-case scenario is no longer very likely.

The consultation exercise had said that a council tax increase of 4.9 per cent, below the Welsh council tax average, would mean cuts in some services.

The rate increase necessary to protect all services was put at 10.4 per cent.

Cllr Moore said that of the people who responded to the consultation, more people favoured the 4.9 per cent option than any other.

He added that he was confident that under the new settlement, there would be more money for schools.

Cllr Moore's column is on page 4.

Philip Irwin

HMS Cambria's farewell march through town centre



*See page seven for the full story and more photographs,
taken by Glyn Evans.*

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Council funds 'spread too thinly'

REGARDING the recent letter in The GEM about the abolition of Barry Town Council, I wish to add to the discussion.

Wales has a population of just over three million people, most of whom probably live on the southern coast, with sparse population in the middle and the rest to the west and the north.

If we look at a map of Welsh councils, there are about 22 of them which is surely unsustainable as it means that each council looks after roughly 136,364 people.

It should never have been allowed for Wales to devolve its councils down to these current levels as it means that funds are more thinly spread than they need to be and services are duplicated to a ridiculous level.

How about merging councils to, for example, the Roman divisions of Wales (which was six or seven areas)? It would be a challenge all round, but would surely benefit Wales in the long run as finances could be concentrated in larger pots and therefore utilised more efficiently.

Charles Allen, Llantwit Major.

Celebrating the wisdom of our older people

IT is widely accepted that we have an epidemic of loneliness, not just among older people, but younger people too.

But our research shows a chink of light – almost half of 22-35 year-olds we polled spend time with someone aged 65 or over who they are not related to, such as a neighbour or friend, every week, and turn to them for advice.

It's heartening to know 'millennials' value the company of older people. With a lifetime of experience, older people have a wealth of knowledge that we can all benefit from.

The people in our care homes, retirement living and community support services across Britain have shared their life lessons as part of our Words of Wisdom campaign (mha.org.uk/WoW), encouraging people to value the wisdom gained with age.

We're calling on people to reach out to older people and ask for their life lessons. Even small acts like having a chat and a cup of tea with an older neighbour can have a huge impact on strengthening bonds and bringing people together.

Sam Monaghan, Chief Executive of Methodist Homes (MHA), Derby.

People of the Vale deserve a better MP

WE have been presented with two very different versions of events regarding the sordid saga of Alun Cairns and Ross England, a member of the Conservative Party, former employee and good friend of Mr Cairns.

Mr Cairns says that he did all he could to support another of his employees, a woman who was raped at Ross England's house while she slept. Mr Cairns says that he was unaware of Ross England's role in causing the trial of her attacker to collapse until much later, even though his own adviser emailed him about it.

In the meantime, and allegedly still innocent of the ugly scenario unfolding around him, Mr Cairns endorsed Ross England as fit to stand as a Conservative candidate. In this version of events, Mr Cairns

is the injured bystander who had been doing his best, victim of biased and unfair speculation, leading to the loss of his cabinet post.

In version two, his female employee gives us a stark account of the harassment and abuse she was subjected to, meted out by Alun Cairns' Conservative Party colleagues and friends. She tells us that it is inconceivable that Alun Cairns knew nothing about Ross England's role in the rape trial at the time. She paints a damning picture of the ugly gang culture which is used so often by those with power – closing ranks and going to any lengths, including covertly recording her, to undermine her credibility. When she tells her employer Mr Cairns about it, his unbelievably crass response is that she is being 'a bit harsh' on the people trying to destroy her. He chooses to proclaim Ross England as a friend, endorses him as a suitable candidate for public office and expects the woman who was raped to work alongside him. He is photographed with Ross England at an event just before the election is called. He made it very clear where his loyalties lay.

A man is serving a five year prison sentence for rape, and the victim of his attack has categorically contradicted Mr Cairns' version of events. The Conservative party did not bother to contact her when they carried out their enquiry, and held over the outcome until after the election. Surely the people of the Vale of Glamorgan deserve better than this man – at best, an inept and insensitive employer who doesn't read his emails, at worst a man who chose to side with a rape apologist, and continues to behave as if he is the victim.

S K Miles, Barry.

'Base your dietary choices on the facts'

THE New Year brings with it the annual Veganuary campaign encouraging consumers to take up a vegan lifestyle.

Increasingly, we are seeing this topic given a disproportionate amount of coverage from national media when you consider that vegans only account for around one per cent of the UK population.

As a local farmer, I am grateful for the opportunity to address some of the misinformation that is reported about the UK farming industry during Veganuary.

Firstly, it's important to recognise that everyone has the right to choose what they eat. As farmers all we ask is that people can make those decisions based on facts rather than false information.

Scientific and medical communities are in agreement that meat, eggs and dairy products play an integral role in a healthy, balanced diet, providing key nutrients, vitamins and minerals that are essential to bone, heart and blood health that are difficult to obtain efficiently through other sources.

During Veganuary, the public are bombarded with messages asserting that a meat and dairy-free diet is better for the environment and that such a change will provide the answer to climate change.

This is simply not the case.

Welsh farmers produce some of the most climate-friendly meat in the world using the two ingredients we have an abundance of here in Wales – grass and rainfall.

In contrast, some highly processed meat alternatives are responsible for deforestation in other parts of the world. Dairy-free alternatives like almond

Readers' Letters

Please keep your letters BRIEF and address them to: The Editor, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email editorial@glamorgan-gem.co.uk

Letters and e-mails MUST include your FULL address, contact telephone number. We reserve the right to edit all letters. We do NOT accept anonymous mail.

'milk', meanwhile, require thousands of litres of water and extensive irrigation systems.

Our advice to consumers is to read the label and buy local wherever possible. This ensures low food miles and gives you the assurance that what you are purchasing has been produced to the highest animal welfare and environmental standards.

Jonathan Huntley, NFU Cymru Glamorgan County Chairman.

Motorist in distress

I WAS driving in Barry recently when one of the warning lights came on my dashboard; panicking a bit, I drove to the nearest garage which happened to be Hinds Garage in Dock View Road.

Although I have never been there before, they were very kind and helpful and checked over my car for me and gave me advice on the problem. At no time were they patronising to me, a pensioner.

Nether did they charge me for their time so I have resolved to use them for my car's servicing and first MOT because I feel that I can trust them not to rip me off. It's refreshing to experience such honesty and good service.

Mrs Linda Williams, Barry.

Grateful thanks to Stroke Association supporters

WE would like to take this opportunity on behalf of the Stroke Association to thank all of our incredible supporters and volunteers for their support throughout 2019 in order to help stroke survivors to rebuild their lives here in Wales.

It has been a record breaking year for some of our fundraising events including our Resolution Runs at Cardiff and Anglesey, the Cardiff Half Marathon and the Ring O'Fire Ultra Marathon, so thanks to everyone who took part in, or supported these events. Many of our supporters helped us to 'Make May Purple' and even found their way into the kitchen to 'Give a Hand and Bake during October'.

2019 also saw the launch of our Rebuilding Lives campaign and our first ever TV advert which has been seen by over 13.6 million people and resulted in a 37% increase in calls to our national helpline, compared to the same period last year. Rebuilding lives after stroke is a team effort. It takes the determination of stroke survivors and carers and the generosity of people like you, so we are sincerely grateful for your support.

Your generosity has not only helped us to support stroke survivors and families living in the community, but it also helps to raise awareness of the 7,000 people who have a stroke each year in Wales and for the 65,000 people living with the effects of stroke in here in Wales. We would like to extend our sincerest thanks to the local businesses, organisations and sporting clubs who adopted us as their nominated 'charity partner' for 2019 as you have been instrumental in helping us raise awareness of stroke and stroke prevention in Wales, as well as raising vital funds to support stroke survivors and fund our vital research projects.

We could not do the work that we do without our amazing supporters, so if you would like to find out

more about fundraising for us or working with us as your nominated charity partner for 2020, then we would love to hear from you.

Alan Drury, Stroke Association Wales Fundraising.

'Educating children for global climate challenge a priority'

OVER the last year or so, I believe that there has been a fundamental shift in people's awareness of the natural world and the challenges it faces from our wasteful modern industrial societies.

Whether this environmental awakening is due to organisations like the RSPB, WWF, Extinction Rebellion or perhaps celebrities like Chris Packham or even Sir David Attenborough does not really matter.

It is a fact that there is now growing concern and anger about climate change, plastic pollution, insecticide pollution, wildlife extinction and deforestation.

We now urgently need to educate future generations and ensure that they have the knowledge and skills to be able to tackle this environmental mess.

The creation of a Natural History GCSE is now needed more than ever. Giving our children the education and training to rise to these global challenges must become a priority of the Welsh Government.

Rob Curtis, Barry Action for Nature.

Road to Nowhere?

WE were promised a traffic alleviation scheme, a solution; in fact a bypass off the A48 to stop traffic squeezing its way through Llyswoerney to Llandow, Llantwit Major and beyond.

This was part of the deal, and consideration given for passing a very controversial planning decision at Darren Farm – now called Clare Gardens. The new access road to the development would also be the bypass.

This new road is now complete, but closed.

All traffic is still winding its way down Llantwit Major Road through Cowbridge, and through Llyswoerney. It is very frustrating to see huge lorries, buses, coaches and traffic continue along the same old routes this new road was supposed to alleviate.

Is this new bypass road going to remain shut off from all traffic till the Clare Garden development is finished, which could be some five years or more?

Mrs V Morris, Cowbridge.

HIGH TIDE TIMES

The high tides listed in this week's Gem are those in Porthcawl. It should be remembered that along the coast, high tides times will vary. For instance, in Barry the high point will be 20-25 minutes later.

UNTIL JANUARY 30

Date	Time	Height (metres)
23/01/2020	05.24	8.9
23/01/2020	17.49	9.0
24/01/2020	06.14	9.3
24/01/2020	18.35	9.4
25/01/2020	06.52	9.5
25/01/2020	19.15	9.6
26/01/2020	07.32	9.7
26/01/2020	19.49	9.6
27/01/2020	08.07	9.6
27/01/2020	20.22	9.5
28/01/2020	08.38	9.5
28/01/2020	20.53	9.3
29/01/2020	09.13	9.2
29/01/2020	21.26	9.0
30/01/2020	09.44	8.9
30/01/2020	21.56	8.7

While the Gem makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

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Beauty brand returning to Barry on UK's first new urban high street



VALE MP Alun Cairns has said that he is delighted with the ongoing regeneration in Barry and that the plan to attract further jobs to the town is progressing well.

The new Good sheds development on Barry Waterfront, which will be the first of its kind, has a host of exciting businesses ready to set up at the site, including some globally recognised names.

The Good sheds will welcome renowned beauty brand Spectrum Collections which originally set up in Barry.

Despite moving away from the town, Spectrum have kept close links and sponsored the very first Barry Pride event in September 2019.

Residents, workers and visitors to the Good sheds will also be treated to food from Michelin star chef James Sommerin who is setting up a restaurant on site.

It will be the UK's first new urban high street and is scheduled to open on June 1.

With 40 businesses ready to go, it is designed to offer a space in which people can live, work and play 24 hours a day, seven days a week.

The new development has been welcomed by Vale MP Alun Cairns, who said: "This plays a significant role in my plan for regenerating Barry."

"I'm absolutely delighted that Spectrum will return to Barry. It was a real shame when they had to leave in order to expand – this development is creating the space needed for local businesses to grow and be successful."

The developer behind Good sheds, Simon Baston, has said: "I'm really excited about creating a development where people have the opportunity to live, work and play in such close proximity. Ensuring that it's delivered with low carbon footprint and offers an attractive place for business to set up, has not been done like this before."

Police warning after scammers try to strike

POLICE are urging residents to be vigilant after a string of attempted fraud incidents across the Vale of Glamorgan.

One of the incidents involved someone calling a resident claiming to be from Amazon Prime, who said an incorrect refund of £3,000 had been made.

Another incident, which involved a different resident, saw someone claiming to be from HMRC stating £2,000 in unpaid tax was due.

The fraudster warned the victim that if the cash wasn't paid, then the police would arrest them.

A police spokesman said: "Thankfully none of the victims lost any money to the scammers but we are reminding people to be vigilant and not to disclose personal financial information over the phone."

"Legitimate organisations such as your bank, HMRC or police will never call you asking you to transfer money. Neither will they ask you for your PIN or full banking password."

Officers are urging residents to treat all unsolicited calls with caution.

The spokesman added: "Do not feel pressurised into making a quick decision – a genuine organisation won't mind giving you time to stop and think."

"We urge you to look out for your loved ones and make your elderly neighbours – who might not use social media – aware."

"If you have received any suspicious calls you can report it on 101 or Action Fraud 0300 123 2040."

Police have released a series of helpful top tips to try to protect people from scammers.

They include::

- If something seems too good to be true, it probably is.

- Banks, police and HMRC will never ask for personal details, bank details, or for you to withdraw money from your account.

- Never tell anyone your PIN, and never enter it into a telephone.

- Do not feel pressurised into making a quick decision. A genuine organisation won't mind giving you time to stop and think.

- If in doubt, call someone you know personally for advice.

- Never click on links included in emails from unknown senders.

- Report any suspicions to Action Fraud, or ring 101.

- Keep a look out for loved ones. If they receive a lot of post, if their phone is often ringing, if they are secretive about their finances, report your suspicions.

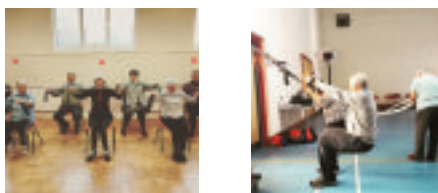
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Future looks bright for Vale, says council leader

LEADER of the Vale of Glamorgan Council, Neil Moore, talks about budget setting, schools, recycling and regeneration schemes in his column for The GEM



AS this is my first column of 2020, I don't think it's too late to say happy new year and decade!

2020 will be a busy year for us and in the coming weeks, the council will be making important decisions about how we set our budget for the next financial year. It was good news that the Welsh Government gave us increased funding this year, which we were not expecting.

Such encouraging news offers the chance for greater investment than would otherwise have been possible and places less pressure on vital services. It also means some of the services will be protected for at least another year.

As most of our finance comes directly from Welsh Government, an increase in this area will have a positive impact and reduce the amount of Council Tax we need to raise this year.

As you may know, we recently consulted on how you wanted us to manage our financial situation in the future, particularly for this financial year. We asked whether it would be preferable to increase Council Tax by 4.9%, the same as last year, which would still be below the Welsh Council Tax average. Some services would have to be cut if we did so, as there would still be a significant gap between the cost of services we provide and the money available to fund them.

Another option we posed was to raise Council Tax to the Welsh average, enabling us to protect most services, while a third involved a higher than Welsh average increase, meaning all services could be protected. This would have required a 10.4% increase in Council Tax.

You told us that the most popular suggestion was to increase Council Tax by the same amount as last

year and your responses and views will have a major influence on the direction we take.

The precise amount we will receive from Welsh Government is yet to be confirmed, but once that happens, we can finalise the proposals for our spending plans and I will present them to Cabinet and the council.

What I can say with some confidence is that there should be significantly more money available for schools, which will mean better facilities and improved learning environments for our children.

Many other areas will also benefit to some extent and less saving will be required. However, it is important to stress that even though this news about our Welsh Government funding is welcome, it does not represent a magic wand and solve our financial crisis.

It is true that the increase in funding for this year will go some way towards addressing the chronic underfunding brought about by nearly a decade of austerity that has hamstrung this and other councils across Wales. However, this does not stop the need for us to make further changes in the way we work and provide more efficient services for our residents.

Therefore, we will continue to be creative in tackling this challenge, aiming to reshape the way services are delivered and avoid cuts wherever possible and continue to consult on the decisions we will have to take.

We have a history of proving that it is still possible to do fantastic work under the most testing circumstances and this will continue regardless.

Our 21st Century Schools programme has involved widespread investment in education across the county, providing pupils with ultra-modern learning facilities to help them achieve the best results in Wales. We are continuing that investment with plans to do more.

We are also committed to providing a large-scale council house building programme, which will see more than 500 homes built in the Vale over the next five years.

We have already started making changes to our recycling services and will continue to do so in the Barry and Penarth areas during the coming year as part of a concerted effort to reduce our impact on the environment.

These changes are taking place alongside major regeneration work. Barry Waterfront has been transformed in recent times and a series of projects have been and are taking place to give a new lease of life to some of the historic buildings from the town's industrial past.

This work continues, with a number of similar schemes in the pipeline and I particularly look forward to seeing the benefit the Goods Shed redevelopment will bring to the area.

Finally, it would be wrong of me not to confirm that there will still be some difficult times ahead and tough decisions will need to be taken, but we begin the year more positively than could have been the case.

That is reason enough to be upbeat about the future and I will promise that even though we will still need to increase our funding levels, we will continue to work hard to deliver the services you value and require.

I will update you in my next column on what we intend to do next.

Neil Moore,

Leader of the Vale of Glamorgan Council

THE VALE OF GLAMORGAN COUNCIL

CYNGOR BRO MORGANNWG

Planning (Listed Buildings and Conservation Areas) Act, 1990 Town and Country Planning (Development Management Procedure) (Wales) Order 2012

Conservation Area Consent / Caniatâd Ardal Gadwraeth

Application No./Rhif y cais: 2019/01411/CAC
Proposal/Cynnig: Proposed demolition of rear outbuilding, change of use to provide three apartments, two storey rear extension, roof dormer, car parking, landscaping and associated works
Location/Lleoliad: 75, Eastgate, Cowbridge
Conservation Area/Ardal Gadwraeth: Cowbridge

Development that may affect a Conservation Area / Datblygu a allai effeithio ar Ardal Gadwraeth

Application No./Rhif y cais: 2019/01396/FUL
Proposal/Cynnig: Proposed renewal of application no. 2012/01095/FUL. Proposed demolition of existing garage and proposed three dwellings
Location/Lleoliad: Llysorwney Garage, Church Street, Llysorwney
Conservation Area/Ardal Gadwraeth: Llysorwney

Affecting setting of a Listed Building/ Cais (au) sy'n effeithio ar leoliad Adeilad Rhestredig

Application No./Rhif y cais: 2019/01396/FUL
Proposal/Cynnig: Proposed renewal of application no. 2012/01095/FUL. Proposed demolition of existing garage and proposed three dwellings
Location/Lleoliad: Llysorwney Garage, Church Street, Llysorwney
Listed Building/Adeilad Rhestredig: Affecting the Milepost at the Carne Arms Public House, Grade II

Application(s) of General Interest / Ceisiadau o Ddiddordeb Cyffredinol

Application No./Rhif y cais: 2019/01384/RES
Proposal/Cynnig: Approval is sought for the appearance, landscaping, layout and scale (the Reserve Matters) as prescribed by Condition 4 of the Outline Planning Permission (2019/00229/EAO) for East Quay, which comprises of a residential development of 62 dwellings with associated works
Location/Lleoliad: Land known as East Quay, Barry Waterfront, Barry
Application No./Rhif y cais: 2019/01393/RES
Proposal/Cynnig: Residential development for 59 units, together with single retail unit and all associated engineering works.
Location/Lleoliad: East Quay, Barry Waterfront, Barry

Details may be inspected for 21 days at the address given below, or via <http://vonline.planning-register.co.uk/>

Gall manylion eu harchwilio am 21 diwrnod yn y cyfeiriad a roddir isod, neu drwy <http://vonline.planning-register.co.uk/>

Dated / Dyddiedig: 23 January, 2020

V. L. Robinson
Operational Manager, Regeneration and Planning,
Vale of Glamorgan Council,
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4. Rhoddir gwybod i unrhyw un sy'n gwrthwynebu'r Gorchymyn arfaethedig, yn unol â Deddf Llywodraeth Leol (Mynediad at Wybodaeth) 1985, bod rhwymedigaeth gyfreithiol ar y Cyngor hwn i alluogi'r cyhoedd i archwilio unrhyw sylwadau a ddaw i law am y Gorchymyn a gynigir.

ATODLEN 1

Ni fydd unrhyw berson achosi neu'n caniatáu i gerbyd deithio'n gyflymach na'r hyn a nodwyd yn y lleoliadau a bennir yn yr Atodlen isod.

ATODLEN 2

Bwriad i ddiirymu'r Gorchymyn Rheoleiddio Traffig canlynol
Cyngor Bro Morgannwg (Llwybr yr A4226 (Five Mile Lane y Barri)
(Gorchymyn Cyfyngiad Cyflymdr 40mya) 2020 – Cyfeirnod 640
Cyfyngiad Cyflymdr 30mya Arfaethedig
Waycock Road, (Five Mile Lane gynt)

O'r pen troi, tua 70 metr i'r de-ddwyrain o ganol ei chyffordd â Fferm Cwm Derwyn, i gyfeiriad y gogledd yn gyffredinol am bellter o tua 3,650metr.

Cyfyngiad Cyflymdr 40mya Arfaethedig
Llwybr A4226

O'r gyffordd gylchfan â Llwybr A4226, Waycock Cross (Port Road West), i gyfeiriad y gogledd-orllewin am bellter o tua 1,360 metr.

Dadgyfyngu Arfaethedig (Terfyn Cyflymdr Cenedlaethol)
Llwybr A4226

O bwynt 1,360metr i'r gogledd-orllewin o'i chyffordd gylchfan â Llwybr A4226, Waycock Cross (Port Road West), i gyfeiriad y gogledd-orllewin yn gyffredinol am bellter o tua 3,465 metr ac yn cyffinio â'r dadgyfyngu presennol (Terfyn Cyflymdr Cenedlaethol)

Lôn heb ei henwi i Northcliff

O'r gyffordd â Llwybr A4226 i gyfeiriad y dwyrain am tua 250 metr ac yn cyffinio â'r dadgyfyngu presennol (Terfyn Cyflymdr Cenedlaethol).

Lôn heb ei henwi i Dyffryn

O'r gyffordd â Llwybr A4226 i gyfeiriad y dwyrain am tua 205 metr ac yn cyffinio â'r dadgyfyngu presennol (Terfyn Cyflymdr Cenedlaethol).

Dyddiad: 23 Ionawr 2020

Cyfarwyddwr yr Amgylchedd a Thai
Cyngor Bro Morgannwg, Yr Alpa, Gwenfô CF5 6AA

THE VALE OF GLAMORGAN COUNCIL

A4226 AND WAYCOCK ROAD (FORMERLY FIVE MILE LANE), BARRY –
PROPOSED REVOCATION OF EXISTING 40MPH SPEED
RESTRICTION ORDER AND NEW 30MPH, 40MPH SPEED
RESTRICTION AND DERESTRICTION ORDER 2020

1. Notice is given that the Vale of Glamorgan Council in exercise of its powers under Sections 1, 2 & 84 of the Road Traffic Regulation Act 1984 (as amended) and of all other enabling powers proposes to make an Order the general effect of which is as described in the Schedules below.
2. Full details of the proposals, to include a copy of the proposed Order, and Plan No: T/19/80A&B/MS may be inspected at the address shown below during normal office hours.
3. Any objection you may have to this proposal must be submitted to the Director of Environment & Housing (Ref: IF898) in writing by 14th February 2020 and must contain the grounds upon which you object.
4. Persons objecting to the proposed Order are advised that in view of the Local Government (Access to Information) Act 1985 this Council is legally obliged to make any comments received in response to the proposed order open to public inspection.

SCHEDULE 1

No person shall cause or permit a vehicle to proceed at a speed greater than that referred to in the locations specified in the Schedule below.

SCHEDULE 2

Proposed revocation of the following Traffic Regulation Order
The Vale of Glamorgan Council (Route A4226 Five Mile Lane, Barry)
(40 mph Speed
Restriction) Order 2002 – Reference 640

Proposed 30mph Speed Restriction

Waycock Road (Formerly Five Mile Lane)

From the turning head, approximately 70metres southeast of the centre of its junction with

Cwm Derwyn Farm, in a generally northerly direction for a distance of approximately 3,650metres.

Proposed 40mph Speed Restriction

Route A4226

From its roundabout junction with Route A4226, Waycock Cross (Port Road West), in a north-westerly direction for a distance of approximately 1,360 metres.

Proposed Derestriktion (National Speed Limit)

Route A4226

From a point 1,360metres northwest of its roundabout junction with Route A4226, Waycock Cross (Port Road West), in a generally north-westerly direction for a distance of approximately 3,465 metres and contiguous with the existing derestriktion (national speed limit).

Un-named Lane to Northcliff

From its junction with Route A4226 in an easterly direction for a distance of approximately 250 metres and contiguous with the existing derestriktion (national speed limit).

Un-named Lane to Dyffryn

From its junction with Route A4226, in an easterly direction for a distance of approximately 205 metres and contiguous with the existing derestriktion (national speed limit).

Dated this 23rd day of January 2020

Director of Environment & Housing
Vale of Glamorgan Council, The Alps, Wenvoe, CF5 6AA.

Winners revealed in photo club's competition



VALE Photographic Club is starting the new decade with a great programme of regular Friday club nights and visitors are welcome as well as members.

The first speaker of 2020 was the highly entertaining and informative press photographer and photographic teacher, Glyn Evans from Ffotoimage. He provided delightful insights into the work of a jobbing press photographer, showed some great images and led a practical session about candid photography.

This was followed by one of the regular 'image clinic' evenings where members bring in prints or digital images they are working on to get comments

and thoughts about how to edit and improve the picture.

The next week was the annual 'Three in Harmony' evening where members bring in sets of three images that work together as a small panel. The standard of images was excellent and the competition was close.

The winner was Terry Verrinder, with Wendy Walker second.

Coming up the club will be given a talk about otters by Welsh otter expert, Jeff Chard. For information on the club visit our website at www.vale-photographic-club.co.uk, or simply turn up to a club evening on a Friday at 7.15pm in Ystradowen Village Hall.

What's on?

Railway Society

BARRY and Penarth Railway Society next meet at the Conservative Club, 15 Stanwell Road, Penarth CF64 2EZ from 7.30pm to 9.30pm on Thursday, January 30.

The video presentation will feature visiting steam locomotives to Barry and Canton in 2019, a record-breaking run Cardiff to Paddington in the IET, galas at the Severn Valley Railway and East Lancs Railway and special trains in south Wales.

Barry Beavers AGM

THIS year's club AGM meeting is on February 4 at 5.30pm at the Barry Civic Offices in the Council Chamber. Anyone is welcome to attend.

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Advance Dental Care is a mixed dental practice. * says Rob Evans, Newport

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MP congratulated for cabinet work

MP Alun Cairns has been congratulated on the work he did as Secretary of State for Wales.

The Vale of Glamorgan MP stepped down as Welsh Secretary in November after three-and-a-half years in the post. Making his first contribution from the back benches since his resignation, he congratulated Simon Hart on succeeding him as Welsh Secretary.

Mr Hart in turn paid tribute to Mr Cairns' service in the post. He said: "There is a saying in politics – 'There is no such thing as real friends, only sharks circling waiting for a sniff of blood'. But no such situation would describe our relationship."

"He has done a fantastic job for Wales. He has boundless energy, and I know that Wales will benefit from that again."

Panto outing for Friends and Neighbours group

FRIENDS and Neighbours group who meet at Beryl Road Pioneer Hall started their 2020 programme with a visit to New Theatre to see Cinderella.

A spokesman said: "It was pure enjoyment from start to finish. The cast were excellent, each giving professional and stunning performances, with some 14 changes of colourful costume throughout the performance – how do they do it?"

"Proceedings were overseen by TV stylist Gok Wan, who was a confident, immensely likeable presence, more than standing his ground amid the usual panto chaos."

"Comedian and magician Phil Butler steals the show as Buttons, his moments of stand-up the right mix of groansome gags and original one-liners."

"Members are now looking forward to their first meeting and *The King and I* at Wales Millennium Centre."

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'WAM' in Llantwit Library

'WAM' – Words, Arts and Music are coming to Llantwit Major Library On Thursday, January 23, 7pm to 9pm.

A small but talented group of artists are going to spend an evening in Llantwit Major library.

There will be words from Mike Church, art from Sion Llewellyn and music from Hazel and Grey. Entry is by free ticket only. Call into Llantwit Major Library to collect one. There will be a bar on the evening.

The Coming of the Light

LOVE Nature, love peace, love friendship – come and join Art4U to celebrate the first stirrings of spring (Imbole) at Knap Lake and gardens at 5pm, February 2.

Meet at the park entrance near cafes: the event will

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include a gentle walk at the lake contemplating uplifting artworks and quotations situated along the way; an opportunity to share thoughts, poems and messages.

Free event; for further details, connect with www.glynpooley.com.

Community Association meet in Ynysawdre

ALL are welcome to attend the Quarterly General meeting of the Tondy and Aberkenfig Community Association, which is to take place on Wednesday, February 5 at the Parish Rooms, Bryn Road, Ynysawdre at 7pm.

Many local issues will be raised, including the latest news regarding Llanmoor's development of the land to the west of the Maesteg Road. For further information email: contact@tondu-aberkenfigca.co.uk.

Tories urged to expel new MP who 'preyed' on the vulnerable

PRESSURE is mounting on Prime Minister Boris Johnson to throw newly elected Bridgend MP Jamie Wallis out of the Conservative Party.

MP Jess Phillips has called on Mr Johnson to expel Mr Wallis from the group, and Gower MP Tonia Antoniazzi has slammed him for his links with a 'Sugar Daddy' website.

Ms Phillips, who stood down this week in the race to replace Jeremy Corbyn as Labour leader, launched a petition to have the whip withdrawn from Mr Wallis, who unseated long-serving MP Madeleine Moon in December's election.

And Ms Antoniazzi branded the Sugar Daddy website "exploitative and demeaning" and insisted Mr Wallis should apologise for his "appalling behaviour."

Mr Wallis was the director of several firms which have been the subject of hundreds of complaints to trading standards.

One of his businesses, Quickie Divorce Ltd, advertised on its website another now defunct business called Sugar-Daddy.net, according to reports in the national press.

The Sugar Daddy website allegedly offered to set up vulnerable people needing money with wealthy older people.

It's understood Mr Wallis has denied having links to the Sugar Daddy website, but Ms Antoniazzi claims there were Companies House records which "clearly contradict that statement."

The Gower politician said in the House of Commons this week: "It has come to light that a newly elected member of this House has misled the press about his involvement in an exploitative and demeaning website called Sugar-Daddy.net."

"The honourable member from Bridgend's involvement was highlighted following press reports about complaints to Bridgend Trading Standards,

"Links to the website were denied on the record by the member, but Companies House records clearly contradict that statement."

She added: "Information, also, that I have received from a former employee of the member for Bridgend contradicts that statement."

"At a time when public trust in politicians is already damaged, can the Speaker provide guidance on whether the House and, more importantly, the people of Bridgend can expect an apology from the member to go some way to making up for this appalling behaviour."

Ms Phillips' online petition, which has already gained 1,836 signatures, said: "Stop this exploitation of women. Tell Boris to remove the whip."

"Newly elected Conservative MP Jamie Wallis promoted a website which made it easy for a network of rich men to exploit students, single parents and vulnerable people for financial gain."

"Let's be clear, 'sugar daddy' is a euphemism for something deeply ugly: exploitation of women by powerful men."

Her petition added: "The Tories should feel ashamed sitting alongside Jamie Wallis. The only way to show they don't condone this kind of behaviour is to remove the whip."

And John Trickett, Labour's shadow cabinet office minister, has also voiced his opinion on the saga, accusing Mr Wallis of "preying on vulnerable students."

He said: "This website and Jamie Wallis' other businesses range from the unsavoury to the downright appalling, with exploitation at the heart of every one."

"The people of Bridgend deserve better than a Tory MP who appears to have been preying on vulnerable students."

"The Conservative Party must take immediate action or accept they have no ethical code left."

Mr Wallis is understood to be considering taking legal action against Bridgend County Borough Council after the authority responded to the Freedom of Information request which asked for details about complaints against the MP's companies.

A council spokesman confirmed to The Glamorgan GEM last week that it had received a "letter-before-action" but wouldn't comment further because of "the possibility of ongoing proceedings."

Mr Wallis refused to comment.



ABOVE: Jamie Wallis with his boss Boris Johnson.

By Sam Hall

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HMS Cambria's farewell parade in Barry

WELSH Royal Naval Reservists from *HMS Cambria* marched through Barry last Saturday as a symbol of gratitude to the town and the Vale of Glamorgan for their valuable support and friendship spanning over 40 years, to a much awaited move to Cardiff Bay in May 2020.

Some 60 members of Wales' only Maritime Reserve Unit, together with a Ceremonial Guard, proudly marched from King Square to the Civic Offices, led by the Band of Her Majesty's Royal Marines Commando Training Centre.

The Farewell Parade was attended by the Lord Lieutenant of South Glamorgan, Morfudd Meredith; the Mayor of the Vale of Glamorgan, Christine Cave; Mayor of Barry, Margaret Williams, as well as the High Sheriff, Dr Isabel Graham.

Other attendees included Captain David Teasdale RNR – Deputy Commander Maritime Reserves and several other civic dignitaries from across the region and past Commanding Officers of *HMS Cambria*.

HMS Cambria was awarded the Freedom of the County of the Vale of Glamorgan in April 2012, and a Freedom of a County is the highest civic honour that can be bestowed upon a military unit and is considered a mark of trust.

Commanding Officer of *HMS Cambria*, Commander Steve Fry, said his ship's company were proud to be parading through Barry.

"My sailors are extremely honoured to march and show their gratitude to the Vale of Glamorgan," said Cdr Fry.

"This year will see us move into a multi-million pound building in the heart of Cardiff Docks. Our relationship with the Vale and the town of Barry has been excellent and strengthened over nearly 40 years of being located here. We very much intend to maintain these strong links."



Photos taken by Glyn Evans
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Ramblers take advantage of change in weather

BECAUSE of the persistent heavy rainfall over the past weeks, the countryside has been turned into a quagmire, so when the day dawned dry and fairly bright, a group of 20 walkers plus dogs Biddy and Biggles turned out to join Geraint from Penarth and District Ramblers on a short walk in the Llanharan area.

Heading along Hillside Avenue to the Square and passing High Corner, which dates back to 1700 and which during the 18th and mid-19th centuries catered for the drinking and feasting of the annual sporting men of the chase, who came to the village for the hunting season, a climb by road, then a narrow rocky track, led them onto the open hillside and into a stiff breeze.

Passing gorse bushes in full bloom, beautiful mountain ponies and Longhorn and Belted Galloway cattle quietly protecting sweet calves and dozens of grazing sheep, a grassy farm track led them below Caer Rocks, inscribed 'God is Love' in Welsh, and onto the Taff Ely Ridgeway Walk. After a pause out of the cool wind for morning break, a descent during which rain began to set in brought them to the isolated ruins of St Peter's super Montem Church, which lies below the old ridge track from Llantrisant to Neath.

It is believed some sort of church stood on this site after Christianity arrived in Britain, but the present church fell into disrepair after 1830

when the vicar refused to clamber up the mountainside to an empty church as the congregation dwindled.

A descent on muddy wet tracks brought them to Llanbad-fawr Farm with its old stable block that was the lamp room for the nearby Kimberly drift mine, just as the many riders forming the hunt rode through with barking hounds.

A climb over open moorland at Mynydd Coedbychan below the Taff Ely Windfarm led them to a waterlogged gate for their return to Llanharan by means of a leaf covered sunken lane and pavements.

On January 25, an eight-mile easy/moderate walk taking in Broughton, Llanmadoc and Llangennith on Gower, with lunch halfway at the Britannia Inn, will leave Cogan Leisure Centre at 9am; call Robin on 029 2051 4051.

On January 26, a seven-mile moderate walk along the Iolo Morgannwg Trail at Cowbridge and the rural Vale will leave Barry Dock Railway Station at 9am; call Sheila on 07932 523415.

On January 28, a 10-mile easy/moderate walk taking in Nash Point, St Donats and Broughton will leave Cogan at 9.30am; call Alison on 07717 820012.

Wear suitable clothing, preferably boots and carry waterproofs, food and drinks. For up to date information log onto www.penarthramblers.wordpress.com. Programmes and membership advice can be obtained from Pam on 029 2025 5102.

Joy Strangward

Peter Pan Panto drums up thousands to help community



Once again Peter Pan defeated Hook and saved Pontyclun!

Another successful pantomime, called Peter Pan and the Revenge of Hook, for St Paul's Players, and thanks to a fantastic cast, crew and helpers, £2,645 was raised for the use of the parish churches by the local and wider communities.

CYNGOR BRO MORGANNWG B4268, NASH CORNER (B4270) i BENTRE MEURIG (A48)

GORCHYMYN CYFYNGIAD PWYSAU 7.5t 2020

Ar 20 Ionawr 2020, gwnaeth Cyngor Bro Morgannwg, wrth arfer ei bwerau dan Adranau 1, 2 a 20 Deddf Rheoleiddio Traffig Ffyrdd 1984 a'r holl bwerau galluogi eraill, Orchymyn a fydd yn gorfoedi'r hyn a ddisgrifir yn yr Atodlen isod.

Daw'r Gorchymyn i rym ar 27 Ionawr 2020 neu ar y dyddiad y bydd yr arwyddion a'r marciau ffordd yn eu lle, p'un bynnag yw'r hwyraf a chyfeirir ato fel Gorchymyn Cyfyngiad Pwysau 7.5t Cyngor Bro Morgannwg B4268, Nash Corner (B4270) i Bentre Meurig (A48) 2020.

Gellir gweld copi o'r Gorchymyn a chynllun yn dangos yr ardaloedd yr effeithir arnynt yn y cyfeiriad isod yn ystod oriau swyddfa arferol.

Os dymunwch gwestiynu dilyswydd y Gorchymyn neu unrhyw ddarpariaethau ynddo ar y sail nad yw'n unol â'r bwerau a ddyfarnwyd gan y Ddeddf uchod neu ar y sail na chydymffurfiwyd ag unrhyw un o ofnydion y Ddeddf, neu unrhyw offeryn a wnaed dan y Ddeddf mewn perthynas â'r Gorchymyn, gallwch, o fewn chwe wythnos wedi 27 Ionawr 2020 wneud cais i'r Uchel Lys at y diben hwn.

ATODLEN 1

Ni chaiff unrhyw berson berli i gerbyd â'i bwysau uchaf gros sy'n fwy na 7.5 Tunnell rhag mynd dros y rhannau o ffordd a nodir yn Atodlen 2

ATODLEN 2

Gorchymyn Cyfyngiad Pwysau 7.5 Tunnell Fetrig

Llwybr B4268

O'i gyffordd â Nash Corner (B4270) i'r gyffordd a Phentre Meurig (A48), i gyfeiriad cyffredinol y gogledd a'r de am bellter o oddeutu 2,794 metr.

Ysticl-Garu

O'i gyffordd â'r B4268 i gyfeiriad y de-ddwyrain am bellter o oddeutu 54 metr.

Lôn Ddi-enw o Lyswyrny i Dregolwyn

O'r gyffordd â Pond Street yn gyffredinol tua'r gogledd am oddeutu 221 metr.

Cross Inn (B4270) i Woodlands

O'r gyffordd â Phentre Parc tua'r gogledd-ddwyrain am oddeutu 35 metr.

Ffyrdd Preswyl Bach ym mhentref Llysawrny

Pond Street, Tyle Mali, Heol-y-Cawl, Church Street, Lôn Ddi-enw o The Sycamores, Ffordd Fynediad i Redwood Lodge, Squire Street, Lôn Ddi-enw yn Moor Farm, Lôn Ddi-enw o B4268 i Pentre Parc, Lôn Ddi-enw i'r gogledd o Bentre Parc i'r B4268, pob un ar eu hyd.

Dyddiad: 23 Ionawr 2020.

Cyfarwyddwr yr Amgylchedd a Thai
Cyngor Bro Morgannwg, Yr Alpau, Gwenfô.
CF5 6AA



THE VALE OF GLAMORGAN COUNCIL B4268, NASH CORNER (B4270) TO PENTRE MEYRICK (A48)

7.5t WEIGHT RESTRICTION ORDER 2020

On the 20th January 2020 the Vale of Glamorgan Council in exercise of its powers under Sections 1, 2 and 20 of the Road Traffic Regulation Act 1984 and of all other enabling powers made an Order the general effect of which is as described in the Schedule below.

The Order will come into operation on the 27th January 2020 or on the date that the signs and road markings are in place, whichever is the later and shall be referred to as

The Vale of Glamorgan Council (B4268, Nash Corner (B4270) To Pentre Meyrick (A48)

7.5t Weight Restriction Order 2020.

A copy of the Order and a plan showing the affected areas may be seen at the address shown below during normal office hours.

If you wish to question the validity of the Order or any provisions contained therein on the grounds that they are not within the powers conferred by the above Act or on the grounds that any requirement of the same or that any instrument made under it has not been complied with in relation to the Order, you may within six weeks from the 27th January 2020 apply to the High Court for this purpose.

SCHEDULE 1

No person shall cause a vehicle with a maximum gross weight exceeding 7.5 Tonnes from proceeding over the lengths of road in Schedule 2

SCHEDULE 2

7.5 Tonne Weight Restriction Order

Route B4268

From its junction with Nash Corner (B4270) to its junction with Pentre Meyrick (A48), in a general northerly and southerly direction for a distance of approximately 2,794 metres.

Ysticl-Garu

From its junction with the B4268 in a south-easterly direction for a distance of approximately 54 metres.

Unnamed Lane from Llysawrny to Colwinston

From its junction with Pond Street in a general northerly direction for a distance of approximately 221 metres.

Cross Inn (B4270) to Woodlands

From its junction with Pentre Parc in a north-easterly direction for a distance of approximately 35 metres.

Minor Residential Roads within Llysawrny Village

Pond Street, Tyle Mali, Heol-y-Cawl, Church Street, Unnamed Lane from The Sycamores, Access Road to Redwood Lodge, Squire Street, Unnamed Lane at Moor Farm, Unnamed Lane from B4268 to Pentre Parc, Unnamed Lane north of Pentre Parc to the B4268, all for their entire lengths.

Dated this 23rd day of January 2020.

Director of Environment & Housing
Vale of Glamorgan Council, The Alps, Wenvoe.
CF5 6AA



Green group's climate change talks

WITH climate change and environment in the headlines, a Penarth-based environmental group is holding a public meeting to discuss what people can do at a local level.

It will take place on January 30, and marks the 10th anniversary of Gwyrddio Penarth Greening (GPG).

The event is entitled 'Penarth 2020' and aims to share knowledge on how other towns have carried out successful projects at the local level – and to help Penarth identify its own agenda.

The event will feature speakers from groups including Renew Wales, the Monmouth 'Transition Town' project, Cardiff University and Penarth Youth Action. It will identify a list of priorities and aims, to be followed-up in future events throughout 2020.

GPG chair Gideon Calder said: "Most of us would do more if we could, to help address the climate emergency. But often, people are unsure about how best to act."

"As a community, we can help turn personal concerns into concrete, organised projects. That's the aim of Penarth 2020."

GPG's previous projects include the Shop Penarth scheme which encourages use of local shops, the Penarth Food Festival, the Plastic Free Penarth campaign and the planting of a flourishing orchard at Cosmeston.

Founder member Tricia Griffiths said: "The group began with a public discussion on what we can achieve as a community, to make a difference to our environment. As we enter our second decade, we felt it the perfect time to return to that conversation."

Penarth 2020 takes place from 7pm to 8.30pm on January 30, in Saint Augustine's Parish Hall on Albert Road.

Further details are available from: gwyrdio-penarthgreening@googlemail.com

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Hike in number of animals with TB being slaughtered

COMMENTING on the latest bovine TB figures released on January 15 by DEFRA, Andrew RT Davies AM Shadow Minister for Environment, Sustainability, and the Environment said: "Each month, farmers and others in our rural communities anticipate these figures with apprehension, and with good reason.

"The stats for the year to October 2019 show that 12,742 animals were slaughtered because of bovine TB, which, up from 10,303, is a rise of 24 percent on the same period in 2018. England, by contrast, saw a drop of two percent.

"Clearly, the Welsh Labour Minister for the Environment and Rural Affairs has not got to grips with her brief in the almost four years in post, and

farmers, and the rural economy here in Wales, suffer as a result.

"But the suffering is not only financial. Recently in the Chamber, my colleague Paul Davies AM/AC spoke passionately on the subject of farmers enduring mental health problems. Bovine TB is another pressure, another cause of stress that our hardworking farmers and their families suffer, and it's time it ended.

"A Welsh Conservative Government would develop a new, holistic approach for the eradication of bovine TB and look at all options to achieve this.

"Until then, we will harry this Welsh Labour administration to listen to farmers – as well as the Farmers' Union of Wales and NFU Cymru – to step up its efforts to control this disease and bring this crisis to an end."

NFU Cymru Glamorgan County Conference

NFU president Minette Batters will be the guest speaker at this year's Glamorgan county conference, which will be held on January 29 at Grove Golf Club, Porthcawl, CF33 4RP.

Mrs Batters will discuss her current role within the union and ongoing policy work. NFU Cymru president John Davies will also be in attendance to give an update on the work NFU Cymru is undertaking.

Hot beef rolls will be served from 12pm with the meeting beginning at 12.30pm. Gwyn Thomas, county chairman, said: "I'd like to thank Mrs Batters and our president, John Davies, for taking the time to come along. I encourage members to bring along a family members, friend or neighbour for what promises to be a really insightful evening."

NFU Cymru would like to thank HSBC UK for their continued support in sponsoring all 11 county conferences.

Dog of the Week



DUKE is a handsome eight-year-old time getting to know him.

German Shepherd cross Collie who is looking for a loving forever home.

He happily enjoys his walks and loves a good run off-lead. Playing with his toys is his favourite pastime and loves nothing more than bouncing around with them.

He is a sociable chap, but he can be worried by men; but with gradual introductions and multiple visits to the centre, he will soon relax if you take

Duke likes to socialise with other dogs and could live with a calm dog already established in the home. He can live with children 11 years and over so would be a great addition to a family. He does have a medical condition which can be discussed at the centre.

For more information on Duke, visit the Dogs Trust Rehoming Centre in Bridgend, CF31 4NG; or call 01656 338745. You can also visit www.dogstrust.org.uk.

Miners Pension Compensation



We are successfully claiming compensation for former Welsh miners who transferred out of the Mineworkers Pension Scheme.

Many Welsh miners were advised to transfer out of their British coal pension scheme to a private scheme which paid considerably less! This was bad advice and many retired miners or their widows have lost out.

OTHER WORKERS AFFECTED!

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Example 1 - £62,000

Mrs N. worked for the **LOCAL GOVERNMENT** in **CARDIFF**. In 1991 she was persuaded by a sales agent of **STANDARD LIFE** to transfer her pension to them. When she retired she realised she was getting a much lower pension than her friends who stayed with the Government Pension. Compensation - £62,143.

Example 2 - £87,000

Mr G. from **SWANSEA** was in the **ARMED FORCES**. In 1989 he was persuaded by a sales agent of **SCOTTISH AMICABLE** (now the Prudential) to transfer his Army Pension to them. He was promised a better pension. His pension was actually much less than the Army Pension. Compensation £38,724.

Example 1 - £87,000

Mr C. from **RISCA** worked at **CWM**. After the pit closed in 1986 he was advised by an agent of the **PRUDENTIAL** to transfer out of the miners pension. When he retired he noticed his pension wasn't as much as his friends who stayed in the miners scheme. Compensation £87,649.

Example 2 - £48,000

Mr W. from **PONTYPRIDD** worked at **MERTHYR VALE**. After the pit closed in 1989 he was advised by an independent financial advisor to transfer his miners pension to **SCOTTISH LIFE** (now Royal London). Even though the financial advisors were no longer in business he received compensation of £48,000.

Example 3 - £103,000

Mr J. from **CAERPHILLY** worked at **PENALTA**. After the pit closed in 1991 he was advised by a sales agent of the **PRUDENTIAL** to transfer out of the miners pension. This was not good advice, he lost out as a result. Compensation - £103,759.

Example 4 - £112,000

Mr H. from **PORTH** worked at **ABERCYNON**. After the pit closed in 1988 he was advised by an agent of **PEARL ASSURANCE** (now Phoenix Life) to transfer his miners pension to them. He noticed his pension wasn't as much as his friends who stayed in the British Coal Scheme. Compensation - £112,638.

If you transferred out of work pension scheme and would like a **FREE REVIEW**, please either call us on **FREEPHONE:**

0800 988 7997

or return the form below

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Address

Tel

I transferred out of the mineworkers pension to

Please can I have a Free Review to see if I am eligible for a payout ☒

Signed Date

Please address to: Miners Pension Compensation Dept, Corries Solicitors Ltd, 11 Melroes Yard, Walmgate, York, YO1 9XF.

Miners Pension Compensation is a trading name of Corries Solicitors Ltd, Melroes Yard, Walmgate, York YO1 9XF. Regulated by Solicitors Regulation Authority no. 424101.

In the 1980's and 90's many people were persuaded by sales agents to transfer OUT of their work pension on the promise of a better return, however this was not true.

If you know a coal miner or someone else this might apply to, please make them aware of this information.

Volunteers needed for charity's daffodil Appeal

MARIE Curie, the UK's leading charity for people living with a terminal illness and their families, is urgently calling for volunteers in the Vale to give just two hours of their time to hand out the charity's iconic daffodil pins, in return for donations.

Volunteers will be supporting the Great Daffodil Appeal – Marie Curie's biggest fundraising campaign, held every February and March.

In the next 10 years, more than six million people will die in the UK and of this number, 75% will need end of life care.

The money raised from the Great Daffodil Appeal will help the Marie Curie Hospice, Cardiff and Vale (known locally as Holme Towers) and the local community team provide much-needed expert care to people with terminal illnesses, as well as support for their loved ones.

Hannah Leckie, Marie Curie Community Fundraiser for Cardiff and the Vale said: "Whether you wear a daffodil pin in celebration, in solidarity or in memory of a loved one, you are joining with millions of others to help make sure all dying people get the care and support they deserve.

"Volunteering just two hours at a local collection is a great way to show your support to your local Marie Curie hospice and help us raise money to help make sure that we can be there for more people at the end of their lives.

"Collecting can be a lot of fun too. You can do it on your own or with family and friends, and we will support you every step of the way. Volunteering is also an easy way to get involved in your local community and meet new people."

To volunteer for Marie Curie's Great Daffodil Appeal and give out the charity's 02920 426 068.



daffodils pins in return for donations, visit mariecurie.org.uk

uk/collect or call the local fundraising team in Penarth on

Start your career on the beach with the RNLI

THE Royal National Lifeboat Institution (RNLI) is in search of new recruits to spend a season working on some of south Wales' most popular beaches, as applications open for 2020 beach lifeguards.

In south Wales, the RNLI is keen to find new recruits to help with the seasonal service at Whitmore Bay, Llantwit Major, Southerndown, Ogmore, Pink Bay, Rest Bay, Coney/Sandy Bay, Trecco Bay, Aberavon, Swansea Bay, Llangland, Caswell, Three Cliffs and Port Eynon.

At the forefront of the RNLI's lifesaving work, the charity's lifeguards responded to almost 20,000 incidents and helped more than 32,000 people in 2018. Successful applicants receive world-class training in search and rescue, lifesaving and casualty care techniques, good rates of pay and the chance to develop valuable skills for a future career.

In order to apply, there is a requirement to hold a National Vocational Beach Lifeguard Qualification (NVBLQ) or equivalent. A health assessment (including an eyesight test) to ensure you are physically up to the job will be required. All lifeguards must be able to complete:

- A 400m pool swim in under 7½ minutes, the

first 200m of which must be completed in under 3½ minutes.

- A 25m pool swim underwater and a 25m surface swim consecutively in under 50 seconds.
- A 200m beach run in under 40 seconds.

Lee Fisher, Lifeguard Services Manager said: "Working as a lifeguard is a unique and rewarding experience – you get to call the beach your office! But far more importantly, you are there to make sure the public stay safe while enjoying their visit, and ultimately to help save lives at sea.

"This is a demanding job requiring commitment, skill and a clear head, but it's also a job that is truly life changing. We're looking for people with courage, determination and the ability to put their training into action and make the right decision if someone's life is in danger. It is an incredibly rewarding role."

It's not just on the beach where lifeguarding skills can be put into practice; the training provided by the charity can be an ideal first step towards many career paths, including continuing to work for the RNLI or for a career in the emergency services.

Find out more about how you can make a difference and apply to be part of the lifesaving team at rnl.org.uk/BeALifeguard.

Pop in to the pop-up choir, and see how you like singing!

POPULAR pop-up choir Vale Voices gets back together on Monday, January 27 in Holy Trinity Church, Barry.

Rehearsals are from 6pm - 7pm and offer the chance to sing a range of music at price of £20 for 13 rehearsals (under 16s £5). All music is supplied.

To mark their 10th anniversary, Vale Voices will perform the Faure Requiem as they did in 2010, with a small orchestra; a contrasting second half will feature pop classics. The concert will be on

Saturday, May 2 in All Saints', Barry after which the group will disband until the following year. A key aim of Vale Voices is to introduce newcomers to group singing and encourage them to join another choir after a positive experience in VV. Rehearsals are fast-paced and fun, and all singers whatever their experience – or lack of it – are welcome. The choir is led by Dot Connell and longstanding member Joe Green, who will step out from the tenors to take on direction for part of the concert. All YOU need to do is turn up and join in!

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IT would be fair to say that in the last six years, Adam Elliot have carved out a formidable reputation for themselves as a leading manufacturer of bespoke kitchens and furniture, in both terms of quality of product and service.

What started out as a business looking after the needs of the local clients has now expanded, and we now have clients in the extremities of West Wales to the east end of London and all points in between.

"It is all about tailoring each project to the individual customer's specifications," states Steven Elliot Tuck, co-owner

of Adam Elliot.

"We make sure to take the time to understand exactly what they want from their kitchen, bedroom or bespoke furniture. This way we can be certain that the end product meets with their approval.

"We also give the customer the option of being more closely involved with the production of the furniture, we can set up a WhatsApp group that is regularly updated with pictures and videos of furniture as it moves through the production process".

Steven adds: "We find that many of our customers like this approach; it is a bit more involved than just ordering your furniture from a catalogue, as is the case with many of our competitors who claim to be 'bespoke'.

"The past six years have also seen the business expand in size. When Steven and I got together, there literally was just the two of us. We now employ six people, from cabinet makers, expert finishers, dedicated showroom staff and our local apprentice," explains Peter Adamec, Steven's business partner at Adam Elliot.

"We have embarked on a strategy of expansion and consolidation: only moving forward when it is financially viable and perhaps, more importantly, sustainable.

"Adam Elliot now have, we believe, the best set up locally and encourage customers to visit our showroom and workshop to see how we work.

"As well as displays of bespoke kitchen furniture in the showroom, Adam Elliot also have working examples of Quooker taps and the ground-breaking Bora hob.



"We see this as an important development, aligning ourselves with such high quality and unique companies. Even if you don't need a kitchen at the moment, it is worth coming to see these products in action, we are sure you will be impressed.

"We like to think that at Adam Elliot, we give our customers a different kind of experience. It starts with the ability to see first hand what you are getting, where it is made, and how it is made.

"How many others can make that claim? It then moves on with the constant involvement of the customer, in the process of making sure that you are getting exactly what you want. When a delivery date has been confirmed, we will deliver and install your dream kitchen or bedroom, making sure that it is finished to the highest possible standards.

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Parish boundary maps go digital



PARISH boundary maps across Wales are going digital for the first time in a project aimed at improving the way churches serve their communities.

The Church in Wales is investing in creating a digital map of the whole country, including the boundaries of its 466 parishes and ministry areas. The maps will then be used to model demographic trends specific to each area.

The project will provide church leaders with data about people in their areas – such as the age profile, education level and employment status – enabling them to tailor their services accordingly. That could mean setting up more foodbanks or debt centres in areas where there is greatest poverty, or extending initiatives, such as Messy Church and after school clubs, to places where there are high numbers of

children.

The data collected will also provide a better context for the Church in Wales' membership statistics and help inform decisions about how best to support congregations. The mapping work is being undertaken by Exegesis, a geographical information systems agency, with the data software provided by the Church Army. The project is supported by the Allchurches Trust with a grant of £14,500.

Simon Lloyd, provincial secretary of the Church in Wales, said: "We are very grateful to Allchurches Trust for this grant towards our digital mapping project, an exciting project which will provide us with a complete digital picture of our parish, mission and ministry areas. As the Church in Wales celebrates its centenary this year, this project will give us the most up-to-date tools on which to help build our future."

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News from Llangan and Treoes with Nancy Davidge

LLANGAN Primary School: who will continue to purchase their Christmas trees from Cross Farm. On January 17 six of the school's years 5/6 pupils attended a Lego tournament at the Swansea Maritime Museum, which they enjoyed.

A big thank you to Miss England and Mrs Adams at Cross Farm Nursery, for the cheque for £150 – commission for the sale of Christmas trees purchased by parents from Llangan School.

Miss England and Mrs Adams have continually supported the school over the years, and thanks to the parents

Of interest to parents of Llangan School: Proposed prohibition of waiting/loading at any time, un-named road that fronts Llangan Primary School, dated January 16, 2020.

Director of Environment and Housing, Vale of Glamorgan Council.

Saron Chapel, Treoes

The next service at Saron Chapel will take place on Sunday, January 26 at 3pm; officiating minister Rev Alwyn Evans. Everyone is assured of a warm welcome.

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New bylaws to protect threatened and vulnerable fish come into force

NEW bylaws which will help protect increasingly vulnerable and threatened stocks of salmon and sea trout in rivers across Wales are in place for the 2020 season.

The bylaws, which came into force on New Year's Day and will last for 10 years, mean all salmon caught by rod and net fisheries must be released alive with minimum injury and delay.

Measures, taken by Natural Resources Wales, have also been introduced to help protect sea trout in many rivers with all rod-caught sea trout over 60cm having to be released alive.

Also, new controls on angling methods will improve the survival of released fish so they can contribute to spawning stocks.

Peter Gough, Principal Fisheries Advisor for Natural Resources Wales, said: "All of our salmon stocks are in serious trouble and have fallen to historically low levels. The same is true of the majority

(70%) of our sea trout stocks.

"Over the past five years, we have engaged in a thorough process to set out the evidence to justify introduction of new fishing regulations to help protect these vulnerable stocks.

"After an inquiry that explored the evidence, the Minister for Environment, Energy and Rural Affairs approved new rod and net fishing bylaws to help protect these iconic fish.

"Even relatively small numbers of fish are crucial to recover stocks in as short a time as possible. Every spawning fish matters."

In addition, and as required by the Minister, Natural Resources Wales continues to work with partners and Welsh Government to identify and address the range of pressures damaging stocks.

Mr Gough added: "We firmly believe that the new bylaws, along with a range of other urgent measures such as tackling agricultural pollution, improving water quality, improving habitats and managing potential threats from predators, are vital for the



future of salmon and sea trout in Wales.

"We want to work with the fishing communities and all with a stake in our river environments to protect our fish and fisheries for future generations

to enjoy.

"The bylaws will be a positive step in helping protect stocks."

Challenge for future cyber security experts

THE National Matrix Challenge went live on January 20, and is open to every 11 to 17 year old in the United Kingdom.

The challenge consists of three stages, which will eventually lead to the crowning of a national champion in both the 11-14 and 15-17 year old age categories.

Stage one of the Matrix Challenge is a digital game that will help players to be safer online, understand the law and test their cyber skills.

The highest performers will then go forward to stage two.

Stage two will allow those successful to take part in a regional live semi-final at Cardiff City Stadium on March 28 when players will have the opportunity to take on activities designed and run by cyber security-focused industry partners.

The top three in each age category from Tarian's regional competition go forward to the national event.

The Matrix Challenge is being run by the Tarian Regional Cyber Crime in the south Wales area with the help of South Wales, Gwent and Dyfed Powys Police forces.

Detective Sergeant

Warren Davies of Tarian Regional Cyber Crime Unit, said: "This is a fantastic opportunity for all 11 to 17 year olds across the Tarian Wales region to test their cyber security skills and hopefully start to consider future roles in the industry.

Chief Constable of Derbyshire Police and NPCC Cyber Crime Lead Peter Goodman said: "Our young people will compete against a national virtual peer network when they experiment and test their abilities using online-connected technologies.

They will learn to understand about the legal boundaries of cybercrime, enabling them to differentiate between what is a legal or illegal act.

"This is a great opportunity to identify emerging digital talent for policing and our partners."

To take part in stage one of the National Matrix Challenge visit matrix-challenge.uk between January 20 and February 14.

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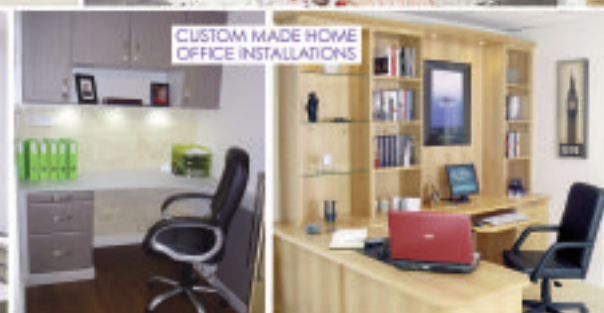
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Concern expressed over implications of National Trust tree planting plans for tenants

FARMERS' Union of Wales (FUW) staff have expressed concerns regarding the implications for members, who are National Trust tenants, given the Trust's plans to plant large numbers of trees on their land.

The concerns were expressed during a meeting of the union's county executive officers, who represent members in Wales' 12 FUW county regions, some of which include large areas of land owned by the trust. On January 9 the general director of the Trust revealed plans to grow 20 million trees over the next 10 years by planting saplings or removing livestock, to allow self-seeding; and dozens of farm tenancies are to be altered as they come up for renewal to cut sheep and cattle numbers.

To achieve their target, the Trust is looking to spend about £90 million creating 18,000 hectares of woodland, increasing the proportion of Trust land that is forest from 10% to 17% by 2030.

Speaking after the meeting, FUW president Glyn Roberts said: "Our members are fully supportive of appropriate tree planting where this does not undermine farm productivity and the environment. Indeed, they regularly complain about the obstacles they come across when they try to plant trees."

"However, many National Trust farmers have contacted us to raise concerns regarding the announcement. Of course, given the urgent need to reduce greenhouse gas emissions, the role played by soils and plants in sequestering carbon is rightly attracting significant attention, with a particular focus on the planting of trees. But we mustn't forget that within the past century, the area of woodland in Wales increased threefold from 5% in 1919 to around 15% in

2016, with mainly deciduous farm woodlands making up 30% of the area."

The president further stressed that the experience over the past century highlights the damage that well-intentioned policies aimed at increasing woodland areas can have.

"With the trust proposing to remove sheep and cattle from land to allow natural afforestation, it must also be remembered that the removal of agriculture has been directly associated by scientists with habitat and species loss in hundreds of examples from around the world, including the UK."

The charity Plantlife recently warned that "...more than half of all wild plants need regular management or disturbance to thrive; 611 (39.6%) species will decline within a decade if the land on which they grow is simply abandoned and 127 (16.4%) will decline within one to three years".

"If the National Trust wants to do more to become carbon neutral, perhaps looking at providing public transport to their sites would be a good place to start. That is especially pertinent if we consider their annual visitor numbers top 25 million and the carbon footprint these generate."

"Transport is the third-highest polluter, with agriculture responsible for just 10% of greenhouse gas emissions. In fact, UK beef and lamb carbon emissions are 35% lower than the current global average and emissions from Welsh agriculture have decreased by 12% since 1990 as a result of a range of improvements."

Given such concerns, Mr Roberts has written to the Trust to ask them to clarify their plans and highlighted the concerns of tenants as well as those who farm near National Trust land.

Snowdrops signal spring is coming

SHAKE off the winter and welcome the first signs of spring with the National Garden Scheme Snowdrop Festival.

These glorious harbinger of the wonderful life of gardens to come can be viewed in over 100 National Garden Scheme gardens throughout England and Wales during January, February and March. On a wintry day there is nothing better than visiting a garden teeming with one of the earliest flowering plants of the year – and the National Garden Scheme's fourth annual Snowdrop Festival welcomes the first signs of spring.

Whether you enjoy carpets of naturalised white in woodlands, meticulously grown rare varieties of snowdrops or gardens boasting a colourful mix of snowdrops, hellebores and other early spring flowers – there is something for galanthophiles and garden enthusiasts alike throughout January and February. George Plumtree of The National Garden Scheme said: "Garden visiting at this time of year isn't

just for galanthophiles who are looking to discover a rare variety of snowdrop in gardens they may never otherwise find. Snowdrops are the perfect antidote to the winter blues, and spending the afternoon at one of our Snowdrop Festival gardens is the ideal opportunity to enjoy some spectacular scenes at an otherwise gloomy time of year."

Slade Garden, Southerndown, CF32 0RP opens on February 16 and 23: an unexpected jewel next to the sea with views overlooking the Bristol Channel, the garden tumbles down a valley protected by a belt of woodland. In front of the house are delightful formal areas, a rose and clematis pergola and herbaceous borders. Garden highlights include Snowdrops, Hellebores, Hermodactylus Tuberosa –Black Widow Iris. The visit makes for a good walk and wonderful views across the Bristol Channel with partial access with wheelchairs. A great day out for the family with the garden leading to the beach and hot mugs of soup served. Adults £5, children free. Visit ngs.org.uk/snowdrops or download the

What's on, and where?

Floral Society

THE Barry Floral Society will hold its AGM on Tuesday, January 28 at St Nicholas Hall, St Nicholas Road, Barry at 2.15pm. New members always welcome.

Penarth Computer Club

THE next meeting takes place at 7.30pm in All Saints Lesser Hall, Penarth, on Tuesday, January 28 when the topic will be 'Smartphones and tablets – basics'. The club offers advice and reassurance to retired (and younger) members on all types of devices; visitors always welcome.

Carers Group

ARE you a carer who cares unpaid for a friend or family member living with dementia and who would like to meet other informal carers?

A monthly carers group starts at the Senior Health Shop Café, 38 Holton Road, Barry CF63 4HD on Thursday, January 30 from 10am until 11.30am. Chat over a cuppa, hear about access to information and support, led by a volunteer Dementia Friends champion.

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Holidays

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From the striking natural majesty of The Needles to the peaceful inland villages, the Isle of Wight is a haven of old-fashioned charm and inspiring scenery. With elegant resort towns, spotless beaches and miles of unspoilt coastline, it's a timeless destination.

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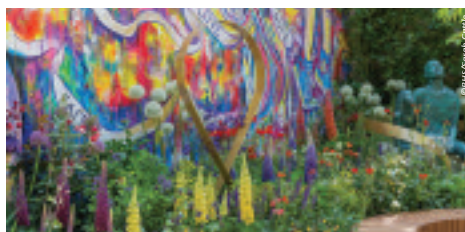
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- ✓ Excursions to Osborne House, Cowes & Ryde

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Flower Show 2020



Departing Friday 22 May

The iconic Chelsea Flower Show is a must attend event, and if you haven't been yet, now is the time! This is the most prestigious flower show in the country, showcasing all the latest in garden design innovation in the grounds of the Royal Hospital, Chelsea.

Your break includes

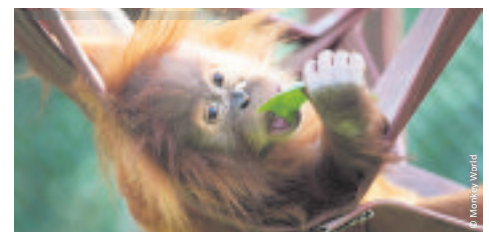
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Departing Monday 15 Jun

From our base in the bustling resort of Bournemouth with its golden sands and historic pier, we explore neighbouring Poole and the glorious gardens at Exbury. We also discover the heart-warming story of the rescue of primates at the Monkey World sanctuary.

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VALE OF GLAMORGAN COUNCIL

Building Excellence

AWARDS 2020



BUILDERS AND DEVELOPERS who use the building regulation service of the Vale of Glamorgan Council will be attending the 17th Building Excellence Awards dinner, organised through the Building Control Group of the Council at The Vale Resort Golf Club, Hensol on Friday, January 24.

Nominations for the awards are made by the council's Building Control surveyors, who are responsible for the supervision of the projects as they progress on site, through to the completion of the work.

Victoria Robinson, Operational Manager for Planning and Building Control says: "The nominations go to show yet again that there are several excellent examples of high-quality construction projects that have been undertaken within the Vale of Glamorgan.

"Ensuring that buildings are constructed in accordance with current building regulations requires a very high standard of workmanship. The builders nominated this year have proven that they can meet this requirement.

"I hope we continue to build upon the success of last year's awards, with all who take part having the ultimate aim of getting to The National Awards, in London in November this year."

Head of Regeneration and Planning, Marcus Goldsworthy emphasises: "Development of any size impacts upon our surroundings and the day-to-day lives of all of us.

"Ultimately, it is the builder who has the major responsibility in satisfying, not only the customer's needs, but also of meeting the terms of the legislation.

"The Building Awards will provide all those involved with well-deserved recognition for consistently carrying out work of a high standard.

"These awards are so important to recognise those builders and developers who are excelling and producing top quality schemes, which can compete on a national level.

"The awards also help those looking to appoint new contractors to focus on those builders and contractors who are considered to be the very best in their field."

COUNCIL'S THANKS

The Vale of Glamorgan Council would also like to thank all the sponsors of this event, without whom it would not be possible to recognise the builders and developers whose quality of work is making a positive difference to the environment of the Vale of Glamorgan.

Sponsors are: Nina Estate Agents from Barry; ACD Skip & Recycling from Bridgend; The Vale Resort, Hensol; Ivorfire; Jewsons; Cromar Building Products; Vale Consultancy; Steve James Builders; and The Glamorgan GEM.

Winners of the Vale of Glamorgan event will go forward to the LABC South Wales 'Building Awards' dinner that will be held at the Vale of Glamorgan Golf & Spa Resort, Hensol, on Friday, May 1 2020.

CRITERIA REQUIRED:

- Compliance with Building Regulations and energy efficiency
- Supplying and managing information (giving of notices and information relative to the work)
- Speed of fault rectification

- Site environment, safety and storage of materials (so as not to be detrimental to their use)
- Client/customer satisfaction
- Sustainable and technical innovation
- Access for people with special adaptations
- Small Domestic, Housing and Commercial projects



ABOVE: The Vale of Glamorgan Council's Building Control Group.

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VALE OF GLAMORGAN BUILDING EXCELLENCE AWARDS 2020

EXTENSIONS/ALTERATIONS



Smithies Avenue, Sully

Builder: Dave Roberts.

Architect: Greg Tuck, Meridian Building Design.

THE scheme consists of updating a 1960s single storey bungalow with rear extensions to form new family accommodation.

A full plans application was submitted to Building Control which was duly vetted and conditionally approved. Once on site there was very good liaison between the builder and building control at every stage.

The whole building has been thermally upgraded with the additional of upgraded windows, roof insulation and new heating; the rear area has been demolished to accommodate the new rear extension to form the kitchen/family room and bedroom,

which is constructed to current standards.

The relationship between the builder, architect and building control has been exceptional due to the architect being part of the partnership scheme and the builder producing a high standard of work which has been previously recognised.

A number of minor on-site problems were overcome during the project and resolved in consultation with building control.

The high standard of the overall scheme has resulted in a modern bungalow with state-of-the-art facilities, which enhance the existing sea views.



We are delighted to be nominated for the Vale of Glamorgan Building Control Awards

02920 515952

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Mountain Lodge, Hensol

Builder: Martin Watts-Jones

Agent: Don Mitchell Associates

MOUNTAIN Lodge is a beautiful 19th century neo-Gothic style property which was originally constructed as the south gate lodge to the Hensol Castle estate.

The extension and alteration works comprised a complete internal renovation of the existing property and a two storey extension to the north side. The extension was designed with features from the original property, while incorporating subtle contemporary touches.

The local contractor consists of a team of highly skilled master tradesmen who managed all aspects of the extension and organised sub-contractors where necessary. The complex, steeply sloping roof structure was constructed with ease by the contractor which demonstrates the high level of expertise.

The lower lead covered roof provides a visual definition between old and new, but also provided a problem with ventilation. This was eventually overcome by the contractor following an in-depth on-site meeting with Building Control.

This development is a true indication of the level that can be achieved when a good design, excellent contractor and close interaction with Building Control are combined. The views of open countryside are striking from within the extension, and externally the extension sits elegantly alongside the existing property.



Ashleigh House, Llangan

Builder: Jenkins Builders.

Agent: MAH Design

THE Ashleigh House development in Llangan consisted of the removal of the existing roof structure to allow for an additional storey to be added, internal remodelling works and the construction of a detached annexe.

The annexe was phase one of the project with the alterations to the existing house part of phase two. The contractor on this development was keen to have Building Control's input from the beginning with several pre-start meetings; this showed the contractor had the client's best interests in mind and was conscious of delivering a high standard build. Both phases of the development delivered unforeseeable problems for the contractor which were dealt with easily, and demonstrates the contractor's high level of competence.

The contractor has delivered a high quality extension with a depth of character and an annexe with a contemporary twist, both sitting beautifully within rural surroundings.



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VALE OF GLAMORGAN BUILDING EXCELLENCE AWARDS 2020

EXTENSIONS/ALTERATIONS

Maes y Deri, Gwern Y Steeple

Contractor:
Absolute Property
Developers.

THE property was originally a dormer bungalow with dated décor and a simplistic plan layout.

The proposal was to put in a first floor extension with a complete new internal layout. The main objective for the designer was to keep a large, modern, open plan space allowing maximum natural light without losing its traditional



characteristics. They have incorporated larger openings in the bedrooms and living areas, which allows the occupants to benefit from the stunning views around the property.

Absolute Property Developers were exceptionally easy to deal with throughout the various stages of the project and because of

that, an excellent working relationship was formed. With excellent communication and their keen interest to comply with current regulations, it was very easy for the plans to be slightly altered to allow full compliance with the Approved Documents.



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Wernlas, Dinas Powys

Contractor: Hobbs and Jones Ltd.
Agent: Susan Rosser

THE scheme consists of updating a 1900s detached house and adding a two storey side extension to form new family accommodation and a master bedroom suite.

A full plans application was submitted to Building Control which was duly vetted and conditionally approved. Once on site there was very good liaison between the builder and building control at every stage.

The new extension to form the kitchen/family room, bedroom, which is constructed to current standards. The relationship between the builder and Building Control has been very good and the builder has produced a high standard of work which has been previously recognised.

A number of minor on site problems were overcome during the project and resolved in consultation with Building Control. The high standard of the overall scheme has resulted in a modern addition which enhances the existing period property.



BEST SOCIAL HOUSING

Cwrt Parc, Woodlands Road, Barry

Contractor: M&J Cosgrove

Applicant: Hafod Housing

Agent: Dennis Hellyar Architects

THE project involved the construction of three blocks of apartments totalling 27 units for social housing.

As the site was a brown-field site, there were issues with the ground conditions which meant excavations had to be dug a considerable amount deeper to block 2.

The build was a traditional masonry construction with a clay brick finish and anthracite windows, doors, fascia and soffits to give a modern finish on a traditional looking building.

Access was at the forefront of the design with particular regard given for people with disabilities.

The site was located on a busy junction and Cosgroves worked well to ensure that there was minimal disruption to traffic and neighbouring properties. An exceptionally high quality build was achieved as the construction was inspected by building control and LABC warranty.



dennis hellyar architects

We are delighted to be nominated for
The Vale of Glamorgan
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BEST SOCIAL HOUSING



We're proud to be collaborating with the Vale of Glamorgan Council, providing homes to families & individuals in housing need.

We're thrilled that Greenwood Close in Wenvoe has been nominated in the Building Control Awards. Thank you to our contractors J G Hale Construction Ltd.

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newydd.co.uk



Greenwood Close, Wenvoe

Contractor: Hale Construction.
Applicant: Newydd Housing.
Agent: Tony King Architects.

Also nominated in the Best Small Housing category.

THE small development of 15 houses is constructed of timber frame with a mix of stone and rendered external finish.

Timber frame construction enabled each house to achieve a higher thermal efficiency compared to traditional masonry structures, lowering the running costs while increasing floor space.

The final product has blended in with the surrounding area while also creating a picturesque development for new owners.

A good relationship was established with Hale Construction during the design stage and was maintained throughout the build. This allowed discussions of the designs and how to overcome certain factors of the build, in order to comply with current building regulations.

The site manager liaised closely and informed Building Control of any issues that arose and provided sufficient notice of any inspections that were required. When design changes were made the Building Control team were notified, to ensure compliance was maintained to the

highest quality.

Health and safety was taken seriously on-site by all personnel, procedures were followed at all times. This was achieved by using appropriate signage around the entire site and the inductions were provided by the site manager. This decreased the risks to health and safety, making it a safe environment for managers, tradesmen and visitors.

Due to the contractor and agent using the most up-to-date technology and communication methods, this allowed the process throughout the planning and build stages to be efficient and effective.



BEST NEW DWELLING

Stanfield House, Wick

Contractor – Mr Richardson.
Agent – Tony Jenkins.

THIS development consisted of a three storey four bedroom dwelling.

The contractor overcame several potential problems during the build with ease, this is testament to the contractor's professional approach from start to finish. The building achieved an air pressure test result of 2.7, which demonstrates the high level of quality that was achieved.

The relationship between the contractor and the department went from strength to strength through the build; this contributed to the contractor delivering a fully compliant dwelling finished to the highest standard.



Hillside Farm, Ton Breigam

Contractor – MDS Contractors Ltd.
Agent – Planabuild.

THIS two bedroom rural enterprise dwelling is embedded with quality.

It was clear from the outset that the contractor wanted to deliver an excellent house for the client. The contractor is a previous award winner and has built up a reputation for meticulous attention to detail on every project I have had the pleasure of dealing with over the past 12 years.

This close working relationship, and regular site meetings helped deliver an exceptionally high standard, bespoke dwelling. The building incorporates

solar water heating, oil central heating and a wood burning stove. The large exposed oak king trusses formed by the contractor on-site add a depth of character to the build and showcase the contractor's joinery skills.

The air leakage achieved was 2.4 with a designed value of 5, which truly demonstrates the contractor's 'over and above' approach to this project. All aspects of the project were managed by the contractor, all sub-contractors were closely monitored with the contractor passing any queries they had straight to Building Control.

The finished product is a beautiful two bedroom house set overlooking its own lake, within picturesque rural surroundings that is enriched with charm.



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Ebony House, St Nicholas

Contractor: Edwards Construction.
Agent: Hatcher Prichard Architects.

THE scheme consists of constructing a new state-of-the-art house.

A full plans application was submitted to Building Control which was duly vetted and conditionally approved.

The building consists of high specification timber frame walls around a steel frame. The drainage system runs to an on-site cesspit system and storm water to an infiltration system. The wall system to give the finish consists of multi-layer timber framing, insulation, breather membranes and cladding units.

The layout is constructed around the main ground floor kitchen/family room with four bedrooms with en-suites at first floor level.

Once on site there was very good liaison between the builder and building control at every stage. The house, which is constructed to current standards, achieved an air permeability rating of 4.25. The relationship between the builder and building control has been very good and the builder has produced a high standard of work.

A number of minor on-site problems were overcome during the project and resolved in consultation with building control.

The high standard of the overall scheme has resulted in a modern property for the 21st century.



BEST COMMERCIAL BUILDING

Llanerch Vineyard Hotel, Hensol

Contractor/applicant: Llanerch Vineyard.
Agent: Duffryn Design.

THIS 26-bedroom hotel is the first vineyard hotel in Britain.



The hotel offers the highest quality and every detail has been thought about, from luxury in-room products to maximising the spectacular scenery enjoyed by every room. The development was the vision of the owner, Ryan Davies, to develop a unique experience to visitors to the vineyard since taking over the bankrupt business in 2010.

The two storey building was erected with a timber frame internal skin and a masonry outer skin, with a well balanced mix of render, cedar cladding and stone-work providing a contemporary look. The bathrooms were created and finished off-site and brought to site as pods during the early stages of the build as part of good project management.

During weekly site visits in the later stages of the build, I was able to work closely with the site manager to resolve many technical queries as they arose. Dealing with the family behind Llanerch has been nothing but a pleasure throughout this build: as a department we are proud to be associated with this flagship development for the Vale. Every element from start to finish was handled with care and finished to the highest standard.

Clare Garden Village, Cowbridge

Contractor: Taylor Wimpey
Agent: Taylor Wimpey.

BEST LARGE HOUSING

THIS project involves the erection of 169 residential units comprising two, three, four and five bedroom dwellings with affordable housing and associated infrastructure.

This development is Phase one of three, which in total involves the erection of 500 much needed new homes for Cowbridge. The finish has been a mixture of face brick, stone and render which has complemented the surrounding area. This site has been under construction for around 18 months and has continuously maintained a high level of quality throughout.

The planning and management of the project has been excellent throughout. Health and safety during the build has been exemplary, with many features going beyond the legal requirement. There has been excellent communication between the site management team and Building Control with any defects being immediately rectified.



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BEST PARTNERSHIP

THIS recognises the best development team approach, long-standing relationship, or co-operative approach to problem solving Specific Criteria – The partnership must be an official partnership with LABC as part of our Partner Authority Scheme.

There needs to be evidence that the partnership has developed beyond the 'normal' working relationship and continues to use LABC over an extended period of time. Entries should include information about the relationship with Local Authority Building Control - Length of partnership - Variety of projects - Innovative solutions developed by working in partnership - Strengths of partnership - Consistency of work - Value of partnership - New work gained from the partnership.

BEST SITE SUPERVISOR/ CONSTRUCTION PROFESSIONAL

THIS recognises a specific person rather than an overall company.

Nominations for this should be for a site manager who has stood out, by going above and beyond the call of duty, to ensure an outstanding working relationship with the local authority.

With a professional attitude, good communication skills and a 'hands on' approach this candidate has been keen to get the local authority involved right at the start.

SPONSORS

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NINA Chivers has been operating as an Estate Agent since the 1990s and over the years has earned a reputation as one of the most innovative and well-known independent family-run businesses in the Vale of Glamorgan.

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ACD Skips

ACD Skips is a family-run company that was set up in Bridgend as a one-lorry operation in 1993.

The company has grown in size quite considerably and has overcome many hurdles, due to the vast changes in environmental legislation and waste policies.

It currently runs a fleet of waste collection vehicles with its own maintenance facility, and operates a materials recycling centre at premises on Brynmyn Industrial Estate, Bridgend, which is a central base with easy M4 access.

The company is progressive, is open to any new waste reduction initiatives, and actively pursues new waste recycling ideas - understanding the requirements of its customers, together with good service, remains a top priority.

The Glamorgan GEM

THE Glamorgan GEM is proud to once again co-sponsoring the annual Vale of Glamorgan Building Awards.

As the Vale's most widely read and distributed weekly newspaper, we are committed to supporting the community as a whole, and local businesses in particular.

As such, it gives us genuine pleasure to publicly acknowledge their professional achievements – and

NOMINATIONS:

C2J Architects; Ray Baker; Dennis Hellyar; Robertson Francis Partnership; Varco; Benjamin Harbron; Tony King Associates; Paul Rolley; Anderson and Associates; Ferrier & Co; KEW Architectural Design; Nigel Arnold Architects; BAE Systems; Boyes Rees Architects; Amro Design; DS Properties; Interior Architect Design; Meridian; Gillard Associates; MS Design; Cardiff Orangeries; Taylor Wimpey; 1010 Architects; Andrew Parker; Delta Property Ltd; JH Leeke and Sons; Reuben Evans; Pinit Building & Civil; Newydd Housing Association Ltd; Salt Consultancy; Chris Hyatt.

BEST LOCAL BUILDER/TRADESMAN

THIS recognises good quality general builders or specialists in local craft skills.

Specific criteria: Vernacular building reflecting local traditions and construction materials; Consistency of high quality craft skills; A history of repeating good quality work; Local, small scale projects in the domestic or new build market.

what better way to do this than through these prestigious Vale of Glamorgan Council awards?

The nominees listed in this special supplement had to fight off formidable competition to get this far and they can be justifiably proud of themselves

The GEM, too, is pleased to play its part in honouring this Vale success story.

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THE Vale Resort offers conference suites designed with today's business clientele in mind, and can cater comfortably for 10-700 delegates with a choice of 11 multi-functional business suites.

The resort leisure facilities include 143 luxuriously-appointed bedrooms, two championship golf courses, Wales' largest spa, award-winning dining, and exceptional sporting facilities.

Add to this, ample free parking, WIFI, easy access off the M4 – and it's easy to see why the Vale Resort is the ideal location for business and for pleasure.

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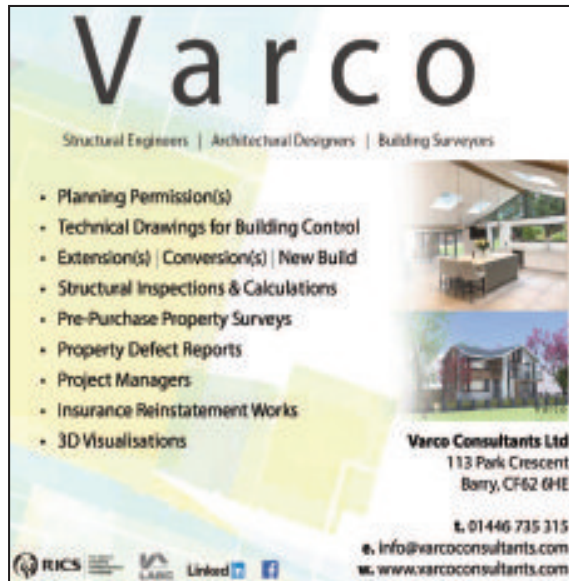
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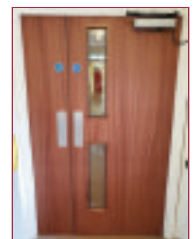
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Out & About with The GEM

Forget Dry January – people are being encouraged to drink beer

THE brewing industry has its own new year trend and there are loads of Welsh events coming up to celebrate, writes Neil Goodman.

There are all sorts of quirky fads to get involved in; you've got the cruelty-free foodie stint of Veganuary, along with every pub's worst nightmare – Dry January.

While Dry January might be good for your liver and your wallet, there's one trend that actually encourages you to drink beer.

'Tryanuary', the volunteer-led campaign that promotes support for the beer industry in January is back.

The annual campaign is run by people passionate about beer and the industry, who want to help breweries, bars, pubs and other beer venues during the tough month of January.

Mike Hampshire, national campaign coordinator, said: "Every year starts the same; many people make New Year's resolutions about improving health and wellbeing and often the first thing that stops



is alcohol consumption.

"This isn't a promotion to encourage irresponsible drinking; beer can be enjoyed as part of a balanced lifestyle all year round and pubs are great community spaces. My slogan at the moment is 'Remember, pubs aren't just for Christmas!'"

Breweries and beer venues are encouraged to take part by organising events that can be listed free of charge on the Tryanuary website and be actively promoted on social media by organisers using #Tryanuary.

People who are planning on taking part in Dry January are still encouraged to join in Tryanuary too. We're seeing a growth in the production and consumption of alcohol-free beers in the UK. There are some fantastic brewery innovators out there making tasty alcohol-free ales, from pales to stouts. There's no reason why Dry January participants can't join in Tryanuary too!"

Already, Llandow-based Tomas & Lilford Brewery (pictured above) have played host to a local CAMRA branch meeting and Aberystwyth's

Bottle & Barrel have had a 'meet the brewer' night with Cardiff's Rival Brewery and although the month is almost over, there's plenty more going on in the area.

Bridgend-based Wales Ales, the country's only hand delivered beer service, has a number of special deals available on their website. They specialise in stocking beers from small Welsh micro breweries and bring the beers to your door.

The Ale Trail is essentially a bus-based beer festival taking you around a number of pubs you might not normally go to.

The good news is that they are set to do yet another Vale of Glamorgan Trail on April 4 and are offering an early bird Tryanuary discount.

Dog's Window Brewery are based in Bridgend and operate out of a garage, but are proving small is mighty and are gaining an enviable reputation for quality and interesting beers. They've embraced Tryanuary by releasing a number of new beers such as a Black Rice ale, Vienna Session IPA and a Raspberry wheat beer.

Wargaming show storming into Penarth

THE Penarth and District Wargames Society is organising its annual show, entitled 'Crusade' and the society says that it is the largest of its type staged anywhere in Wales.

This year's show is the 25th and will again take place at St Cyres School, Penarth, on Saturday, January 25. Enthusiasts are expected from all over the UK.

A club spokesman said: "The society is the oldest and most active wargame society in Wales and includes players of different types and periods of games. These range from Ancients to Modern and Ultra Modern, as well as Fantasy and Science Fiction.

"The scales used also vary considerably with figures ranging in height from 2mm to 40mm.

"The club's activities also include role-playing games such as Dungeons and Dragons, where the player has

direct control over miniature character's actions, and numerous board games such as Carcassonne, Risk and Mysterium, plus numerous card-based games."

He continued: "The society is a friendly welcoming club to both experienced or novice gamers. The club meets weekly, every Tuesday at the Glyndwr Hall, Glyndwr Road in Penarth from 7.15pm and also all day on the first Saturday of each month at Glyndwr Hall from 10am.

"We also have an all day meeting at Llancaich Fawr Manor in Nelson, usually on the third Sunday each month. In addition, we travel to a number of other shows around the UK with a display game to promote the club and socialise with other parts of the wargaming community."

For more information, go to www.penarthwargames.co.uk.

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Events in your area

Macmillan information bus is coming to Bridgend

FREE cancer information and support is coming to Bridgend next week.

Macmillan Cancer Support's information bus Bronwen will visit with specialists on hand to answer questions and provide information.

It will be at Tesco, Cowbridge Road on Thursday, January 23 from 9am to 3pm and on Victoria Street in Pontycymer on Friday, January 24 between 9am and 3pm.

Anyone with worries relating to cancer can stop by, whether they're living with cancer, or caring for someone who is.

There will also be help with the financial impact of cancer and a private room for sensitive and private conversations with staff. If you are unable to visit the unit, but have questions about cancer, visit www.macmillan.org.uk or call Macmillan free on 0800 808 00 00 (seven days a week, 8am to 8pm). You can find out about Macmillan services near you at: www.macmillan.org.uk/in-your-area/choose-location.html.

Art Society

ON Thursday, January 23 there will be a watercolour demonstration by Llantwit

Major artist Peter Cronin at Cowbridge Art Society.

On Thursday, January 30, a demonstration in acrylics by Cowbridge artist Sue McDonagh.

The society meets in the Old Hall from 7pm-9pm on Thursday evenings for 10 sessions each term. New members and visitors are welcome. This term's programme is available in the foyer of the Old Hall, Cowbridge or see facebook.com/cowbridgeart.sas.

PACT meetings in the Vale

WHY not come along to Gibbonsdown 'Cuppa with a Copper' held every Monday morning at the Aberaeron HUB, Aberaeron Close between 10am and 12 noon?

Meet your local officers on Thursday, January 23 at The Civic Offices, Holton Road, Barry at 6.30pm.

Cuppa with a Copper at Penarth Library on Thursday, January 23 at 10.30am.

A Police Surgery will be held at Altantic College (next to the food hall) on Thursday, January 30 between 5.30pm and 6.30pm.

A Deaf PACT Meeting will be held on Monday, February 24 between 6pm and

7.30pm at the Emergency Services Centre, Barry Fire Station, Barry.

Dyfan PACT will be held at the Barry Fire Station, Port Road West, Barry on Monday, March 2 at 7pm at Barry Fire Station.

Chatty Café

JOIN the Chatty Cafe, a friendly natter over a cup of tea, at Llantwit Major library on Saturday, January 25 from 11.30am to 12.30am.

Cowbridge U3A

INTERESTED in joining? Come and meet committee members for a friendly chat over coffee from 11am on Monday, January 27 in the Bear Hotel, Cowbridge.

Music at Lunchtime

CONCERTS at All Saints' Church, Penarth start on Monday, January 27 with a recital by violinist Helena Todd and piano soloist Nicola Rose.

Starting at 1pm; entry free, but donations to be shared with performers' charity. See dafydd.allsaits@gmail.com.

Pupils map the route to a better future



Albert Primary School pupils use their local knowledge to produce the user-friendly maps.

YEAR 5 pupils of Albert Primary School, Penarth took part in a new project with the sustainable transport charity Sustrans, and the Vale Council to identify good quality walking and cycling routes in the area with the aim of producing an Active Travel Map for Penarth.

The maps will be developed by

the children to encourage more walking and cycling to and from school. Traditionally, maps are created by non-local cartographers using digital information supplied by local authorities and other organisations and symbols in these maps may not be easily understood by children. The children re-shaped the maps by sharing their knowledge of the local area. They identified key local landmarks, local routes and cut-throughs, and developed a set of symbols and map key for the new map. Sustrans also held a parent engagement workshop at the end of the day, where families helped identify landmarks and as routes that they and their children use frequently. The bilingual Active Travel Map will be available to students, staff and parents free at the end of the project.

By The Albert Primary Media Monitors.

Celebrating Welsh Breakfast Week

Farming Matters by Rachel Saunders

THIS week marks the FUW's annual Farmhouse Breakfast week and across the country, many have already opened their kitchens and have come together in village halls to celebrate the fantastic food farmers produce every day.

It really is a flagship week for why #FarmingMatters. Sitting around a table with family, friends, neighbours and colleagues to share what's on your mind over a cup of tea or coffee – what better way is there to start the day?

On Tuesday, we started the day with a breakfast in Cardiff together with many industry stakeholders and politicians. It was a morning with Wales on a plate. Sausages from Welshpool; eggs from Aberdare; yoghurts from Llanefydd; potatoes from Pembrokeshire; Welsh beef from Celtic Pride's farm suppliers; milk and butter from Carmarthenshire and jam from the Llyn Peninsula.

We used the opportunity to talk to the many Assembly Members who joined us about a new way forward, fitting for a new year and a new decade.

One that benefits all of Wales, our countryside and our coasts as well as our cities. A partnership deal based on commitment, support and sustainability. This great industry knows a lot about all three qualities.

Our rich network of family farms supports and fuels local communities, primes the circular economy and protects and nourishes our special Welsh culture and identity. We made it clear – our farmers look after our precious landscape for local people and visitors to enjoy every day of the year.

Our grass-based, rain refreshed, livestock production system is one of the world's most sustainable. Our farmers harness, encourage, replenish and replace the planet's natural resources. Our ewes, lambs and cattle are raised with the highest welfare standards.

We work with nature; we produce in harmony with the planet. This honest way of providing



wholesome food must not be spoken of in the same breath as those intensive farming empires in other parts of the world that readily pillage the environment for profit.

However, sustainability is not just about our industry's positive contributions to the environmental necessity of combatting climate change.

We have new opportunities to build a wider, deeper sustainability around the way we live and work, to make a long-lasting, positive change to current and future generations of Welsh citizens.

This, among many other things, we will continue to work towards.

By working together we will climb above the noise; promote our timeless story, our way of producing and our farming champions and continue to highlight just why #FarmingMatters.

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- Two bed house
- Rent £116.42 per week inc water

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- 60+ Pref to apps with a medical priority
- One bed flat
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- Step in shower
- Warden
- Rent £122.69 per week inc water/warden

MEIRION CLOSE, BARRY (NO PETS)

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- Two bed flat
- Ground floor
- Rent £96.89 per week in water

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H4U reference 224668

- Three bed house
- Rent £119.85 per week inc water

WINSTON ROAD, BARRY

H4U reference 228925

- Pref to larger family
- Four bed house
- Rent £122.50 per week inc water

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H4U reference 248781

- Two bed flat
- First floor (no lift)
- Rent £100.73 per week inc water

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- Warden
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AERON CLOSE, BARRY

H4U reference 200026

- Three bed house
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SEVERN AVENUE, BARRY (NO PETS)

H4U reference 222749

- 55+
- One bed flat
- Second floor (no lift)
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MINEHEAD CLOSE, OGMORE BY SEA

H4U reference 261331

- Local lettings policy applies
- One bed flat
- First floor (no lift)
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GRAYBURN HOUSE, BARRY

H4U reference 261343

- No children under 16
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H4U reference 1002488

- Suitable for up to 3 persons
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H4U reference 1030984

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H4U reference 262311

- Two bed house
- Rent £108.81 per week

EXPRESSIONS OF INTEREST

Expressions of interest are invited for the following developments and you will need to be a member of Homes4u in order to be considered. A local lettings policy applies to all. Allocations are based on highest priority connection to the area, then banding and date. You will need to ring the Contact Centre on 01446 700111 in order to express your interest and you will be asked a series of questions regarding your local connection to the area and you will need to provide full details.

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Family Notices

SHAW
Andy

Funeral service on Friday, 31st January 2020 at Coychurch Crematorium at 10.30am.
All enquiries to W.H. Preece & Son, Mwyndy, Pontyclun, CF72 8PN. Tel: 01443 223368

YOUNG**Jacquelyn Margaret (Jacky) (née James)**

Died peacefully at home on 14 January 2020, aged 72 years. Sorely missed wife of John and mother of Simon and Jacob.
Private cremation followed by a celebration of a life well lived at St Mary's Church, Shrewton on Thursday, 6th February 2020 at 12 noon. Please wear bright colours. Donations, if desired, for the Injured Jockeys Fund and/or Macmillan c/o I N Newman Ltd, 55 Winchester St, Salisbury, SP1 1HL. Tel: 01722 413136

BRIERLEY**Philip Edmund**

Passed away peacefully on Sunday, 12th January with his family beside him. He will be greatly missed but his life will be celebrated with a short service, as he would have wished.
Resting at the Private Funeral Home of W. James & Sons, Fommon. Funeral Monday, 3rd February, service and cremation 11am at Cardiff and Glamorgan Crematorium, Barry.
No flowers by request. Donations, if desired, to Diabetes UK would be welcomed c/o the funeral director.
Grateful thanks to nursing staff at Sam Davies Ward and Solace Team.

FRANKLIN
Colin

Colin passed peacefully at home on 7th January 2020. Beloved husband of the late Regina, loving father of Paul and Diane, and proud grandfather to Max and Sam

Colin will be sadly missed by all of his family and friends.

Resting at W.A. Brown Funeralcare, Llantwit Major until the service at Coychurch Crematorium on Tuesday, 28th January at 3.15pm.

Family flowers only. Donations in memory of Colin will gratefully received to Marie Curie.

PORTER
Desmond William (Des)

Peacefully on 12th January at Marie Curie Hospice, Penarth, Des, well known for his time at South Wales Electricity, St Mellons and devoted husband to Sandra. Much loved dad of Jonathan, respected father-in-law of Mandy.

*An adored granddad to Bethan.
Des will be dearly missed by all who knew and loved him.*

Resting in the care of Lyndsay Ellis @ The Vale Funeral Service, Court Road, Barry until his service at Cardiff & Glamorgan Crematorium, Barry on Friday, 31st January at 4pm.

Family floral tributes only. Donations, if desired, may be made at the service to support Marie Curie Hospice in memory of Des.

Family request casual clothing may be worn.

HUDSON
Gwendoline Lilian (née Clemo)

Suddenly and unexpectedly at College Fields Nursing Home on 10th January, Gwen aged 97 years, passed away. Beloved wife of the late Arthur John and a much loved and treasured mother to Yvonne and Frank and in laws Des and Gill. Precious nanna to all her grandchildren and great-grandchildren

We will miss her unconditional love and support forever.

Resting at Robert D Johnson Funeral Directors, 29 Holton Road, Barry. A funeral service to celebrate Gwen's life will be held on Thursday, 30th January at 12 noon at the Cardiff & Vale Crematorium, Port Road, Barry. Family flowers only by request please, donations in memory of Gwen can be made at the service to the PDSA.

For all enquiries please telephone 01446 733844.

MORGAN
Ronald

9th June 1942 - 2nd January 2020.
Sadly passed away at home. Beloved husband of Sue. Loving dad of Claire and son-in-law Ian. Cherished Bampi to Mason and Fraser. Wonderful brother to Eleanor, Betty, Sandra, Trevor, Stuart and the late Sidney.
Ronald will be sadly missed by all his family and friends.

He will live on forever in our hearts.

Resting at A.G. Adams Funeralcare until the service on Wednesday, 29th January at 10am at Cardiff and Glamorgan Crematorium, Barry.

NUTLEY**Barbara Jean (Babs)**

Barbara sadly passed away on 28th December 2019 peacefully at home in Barry (formerly of Rhose and RAF St Athan). Beloved wife of the late John, loving mother to Amelia (Amy), Dianne and the late Louis, mother-in-law to David and Gary and much loved grandmother to Rebecca, Kyle, Gary and Laura.

Service to be held on Tuesday, 28th January at St Mary of the Angels RC Church, Canton at 1pm with the committal at Briwiant Chapel, Thornhill Crematorium at 3pm. Family flowers only, donations in lieu, if desired, to Bloodwise.

SULLIVAN**Lilian Mary (Lily)**

Peacefully on the 10th January at the University Hospital of Wales, Lily, beloved wife of the late Jimmy Sullivan. Dearly loved mum of Tina, Michael, Mark, Kerry, Debbie and the late Tony. Loving mother-in-law of Richard and the late Tony. Cherished Nanny Lil to all her Grandchildren and Great grandchildren

Lily will be greatly missed by all who loved and knew her.

Further details to follow.

BYWATER**John Leslie**

Peacefully on 10th January at the Princess of Wales Hospital, John, aged 86 years, of Colwynston. Dearly loved husband of Eileen, proud father of Jonathan, David, Susan and Victoria and a loving grandfather of all his grandchildren.

Funeral Thursday, 6th February. Service and cremation at Coychurch Crematorium, Bridgend at 11am.

Family flowers only, donations in lieu may be made to the Army Benevolent Fund (ABF) The Soldiers Charity c/o Mel & Ron Watkins Funeral Services, 2 Hilda House, The Square, Pencoed, Bridgend, CF35 5NP. Tel 01656 860545.

PHILLIPS**June Patricia**

Peacefully on 8th January, at Milsom House Care Home, June of Cowbridge. Beloved wife of the late Graham, loving mother of Richard and Emlyn John, dear mother-in-law of Frederique and much loved grandmother of Juliette and Camille.

Will be sadly missed by all her family and friends.
Funeral Friday, 7th February, service and cremation at Coychurch Crematorium, Bridgend at 2.15pm.

Family flowers only. Donations, if so desired, please for Alzheimer's Society c/o W.H. Preece & Son, Mwyndy, Pontyclun CF72 8PN Tel: 01443 223368

WESTERN**William James (Billy)**

Sadly passed away on Friday, 3rd January, aged 87 years. Devoted and caring husband to Cassie, beloved father of Janice, partner Stephen and much loved grandfather to Kathryn. A loving brother to Len and brother-in-law to Sue. And a loving brother to his late sisters.

He will be missed by all who knew and loved him. Resting at Park Funeral Directors until the service on Wednesday, 29th January at 1pm at Cardiff and Glamorgan Crematorium, Port Road, Barry. Family flowers only. Donations in lieu if desired can be made to Prostate Cancer or the British Heart Foundation.

The family of William James Western (Billy) would like to thank the people that stopped to help us on Friday, 3rd January on Court Road, Barry.

Thank you for all you did for us that day, the family really appreciate it. Janice and Family.

SWALLOW**Doreen May**

Sadly passed away at The University Hospital of Wales on 5th January, Doreen, beloved wife of the late Lionel, much loved mum of Pat and the late Mary, mother-in-law to the late Mike. Loving grandmother of Andrew and his wife Tracey also to Leslie, great-grandmother and great-great grandmother to all her grandchildren.

Resting in the care of Lyndsay Ellis @ The Vale Funeral Service, Court Road, Barry until her service at St Helen's RC Church, Barry on Friday, 24th January at 1.15pm, followed by interment at Barry Cemetery.

Floral tributes may be sent to the funeral home.

BRITTEN**Peter John**

Peacefully on 13th January at Llandough Hospital, surrounded by his family, Peter passed away aged 90 years. Beloved husband of Amy, much loved father, grandfather and great-grandfather.

Resting at A.G. Adams Funeralcare, Barry, until the service on Monday, 3rd February at A.G. Adams Service Chapel at 11am, followed by committal at Cardiff and Glamorgan Crematorium, Port Road, Barry.

Family flowers only by request but donations in lieu can be made to the British Heart Foundation at the service.

BANFIELD**Joy Elizabeth**

Sadly after a short illness aged 58 years, Joy passed away at UHW, Cardiff. Beloved daughter of the late Ken and Brenda, much loved sister of Julie and Steve, and auntie to Ryan, Jack, Max, and Mitchell.

Resting at A.G. Adams Funeralcare, Barry, until the service on Friday, 31st January at All Saints Church at 1pm, followed by burial at Barry Cemetery.

No flowers by request but donations in lieu of flowers can be made at the service to Dogs Trust.

NUGENT**Cynthia Margaret**

On 10th January at the Heath Hospital, Cardiff Cynthia of Lydstep Road, Barry passed away peacefully in her sleep.

Resting at Park Funeral Directors until the Funeral Service on Monday, 27th January at 1pm at Merthyr Dyfan Church, Barry Cemetery, followed by committal.

HEATH**Philip James**

Peacefully on 12th January at College Fields Nursing Home, Barry. Beloved husband of Kay, much loved father of Richard (Ted) and Jan, father-in-law of Jeff and Carolyn. Dearly loved stepfather, grandfather and great-grandfather.

Resting at the Private Funeral Home of W. James & Sons, Fommon. Funeral Thursday, 30th January, service and cremation 11am at Cardiff & Glamorgan Crematorium, Barry. Family flowers only.

Donations, if desired, to Children's Wales Air Ambulance c/o the funeral director.

PRICE
Roydon Philip

Peacefully on the 9th January 2020 at The Manor House Nursing Home St. Hilary. Beloved husband of Beryl, father of Ralph and Rachel, father-in-law of Tak and Byron and much loved Grampy of Alisha, Thomas, Justin, Alex, Callum and Aaron.

Resting at the Private Funeral Home of W. James & Sons, Fommon. Funeral Friday, 31st January 2020 service and interment 2pm at St. Hilary Church.

Family flowers only. Donations, if desired, to Oral Maxillo-facial Department UHW c/o W. James & Sons, Fommon.

Grateful thanks to Dr. Isabel Graham, The Manor House Nursing Home St. Hilary and the Oral Maxillo-facial Department at UHW for all the kindness and care he received.

QUICK
Peter

Passed peacefully on 10th January at Barry Hospital. Devoted son of Barbara and the late Bob. Loving brother of Steven, Margaret and Angela.
Peter will be deeply missed by all who knew and loved him.

QUICK**Peter**

Peacefully at Barry Community Hospital on 10th January, Peter, devoted husband of Pat and much loved stepdad to Janine and David, Tracy, Gareth, Myfanwy and Kevin. Loving Bampy of Cerys & Adam, Lauren, Joshua, Euan, Dylan, Kourtney and Eva-Brook.

He will be greatly missed by all who knew and loved him.

Peter is resting in the care of Lyndsay Ellis @ The Vale Funeral Service, Court Road, Barry until his service at Cardiff & Glamorgan Crematorium, Barry on Wednesday, 29th January at 11am

No Flowers by request. Donations, if desired, may be made at the service to support St Barnuc Ward at Barry Community Hospital in memory of Peter.

GORDON**Eirlys**

Peacefully on 6th January at St Athan. Loving mother of Kevin, Peter, Gary and Denise, mother-in-law of Sue, Paul and Connie. Much loved grandmother and great-grandmother.

Resting at the Private Funeral Home of W. James & Sons, Fommon. Funeral Thursday, 6th February, service and cremation 12 noon at Coychurch Crematorium, Bridgend.

GULLY**Philip**

Passed away peacefully at College Fields Nursing Home on 11th January 2020, aged 88 years.

Loving Husband to the late Brenda, loving Father to Glyn and loved Father-in-law to Fran. Adored Grandfather to Beth and Alex. Adored Great-Grandfather to Harley.

Will be sadly missed by all who knew and loved him.

Resting at Park Funeral Directors until the Funeral service on Friday 24th January at the Luchana Mission, Hilary Rise Barry at 11am, followed by the interment at Barry Cemetery at 12pm.

Family flowers only. Donations in lieu, if desired, can be made at the service given in memory of Philip to The Dogs Trust.

Acknowledgements

VAL
CROYDON

The family would like to thank everyone who supported them during this sad time, your kindness has been overwhelming.
Roy would be so proud.

Birthdays

Siân Hayward**Happy 50th Birthday**

on 28th January 2020

Lots of love from,
all your family xxx



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Public Notice

GORCHYMYN CYNGOR BRO MORGANNWG (GWAHARDD A CHYFYNGU AR FANNAU AROS A LLWYTHO A PHARCIO) (GORFODI SIFIL) (DIWYGIAD) (RHIF 8) 2019

1. Hysbysir ar 20 Ionawr 2020 fod Cyngor Bro Morgannwg, wrth arfer ei bwerau dan Ddeddf Rheoleiddio Traffig 1984 a Ddeddf Rheoli Traffig 2004 a'r holl bwerau galluogi eraill, yn cynnig gwneud Gorchymyn a fydd yn gwaredu'r mannau parcio i bobl anabl yn y lleoliadau a nodir yn Atodlenni 1 a 2 a gosod mannau parcio i bobl anabl yn y lleoliadau a nodir yn Atodlen 3 isod.
2. Bydd y Gorchymyn yn dod i rym ar 27 Ionawr 2020 neu ar y dyddiadau y mae'r arwyddion a'r marciau ffordd yn eu lle neu'n cael eu gwaredu, p'un bynnag sydd hwyraf ac fe'i gelwir yn "Gorchymyn Cyngor Bro Morgannwg (Gwahardd a Chyfyngu ar Fannau Aros a Llwytho a Mannau Parcio) (Gorfodi Sifil) (Diwygiad) (Rhif 8) 2019".
3. Gellir gweld copi o'r Gorchymyn ynghyd â chynlluniau sy'n dangos yr ardaloedd yr effeithir arnynt yn y cyfeiriad isod yn ystod oriau swyddfa arferol.
4. Os dymunwch gwestiynu dilysrwydd y Gorchymyn neu unrhyw ddarpariaethau ynddo ar y sail nad yw'n unol â'r pwerau a ddifarnwyd gan y Ddeddf uchod neu ar y sail na chydymffurfiwyd ag unrhyw un o ofynion y Ddeddf, neu unrhyw offeryn a wnaed dan y Ddeddf mewn perthynas â'r Gorchymyn, gallwch, o fewn chwe wythnos wedi 27 Ionawr 2020 wneud cais i'r Uchel Lys at y diben hwn.

Diwygir y Gorchymyn Rheoleiddio Traffig canlynol fel a ganlyn:
Gorchymyn Cyngor Bro Morgannwg (Gwahardd a Chyfyngu ar Fannau Aros a Llwytho a Pharcio) (Gorfodi Sifil) 2013

ATODLEN 1

Cynnig i Waredu Mannau Parcio i Bobl Anabl

Jenner Road, y Barri (67) AW50

Ar ochr y de-ddwyrain, o'r ffin rhwng rhifau eiddo 65 a 67, tua'r de-orllewin am 6.6 metr.

Wenvoe Terrace, y Barri (37) AW50

Ar ochr y gogledd-orllewin, o'r ffin rhwng rhifau eiddo 36 a 37, tua'r gogledd-ddwyrain am 6.2 metr.

Windsor Road, Penarth (164) AH63

Ar ochr y de-orllewin o bwynt 39 metr i'r dde-ddwyrain o'r gyffordd ag Andrew Road tua'r de-ddwyrain 5 metr.

ATODLEN 2

Penderfyniad arfaethedig i ddileu'r Man Parcio i Bobl Anabl presennol gan greu man Aros Cyfyngedig, dydd Llun i ddydd Sadwrn, 8am tan 6pm, 2 awr dim dychwelyd o fewn 2 awr, ac eithrio Deiliad Trwydded i Breswylwyr
Lower Morel Street, y Barri (13) AV53
Ar ochr y de-orllewin, o'r ffin rhwng rhifau eiddo 13 a 15, tua'r de-ddwyrain am 5.1 metr.

Newlands Street, y Barri (39) AV52

Ar ochr y gogledd-ddwyrain o'r ffin rhwng rhifau eiddo 39 a 40 tua'r gorllewin am 6 metr.

ATODLEN 3

Mannau Parcio Arfaethedig i Bobl Anabl

Jenner Road, y Barri (65) AW50

Ar ochr y de-ddwyrain, o'r ffin rhwng rhifau eiddo 63 a 65 tua'r de-orllewin am 6 metr.

Maes y Cwm Street, y Barri (59) AU52

Ar ochr y de-orllewin, o'r ffin rhwng rhifau eiddo 59 a 61, tua'r de-orllewin am 5.3 metr.

Oxford Street, y Barri (Coedceri) AY48

Ar ochr y gogledd-orllewin, o'r ffin rhwng Coedceri a Llanwendy tua'r gogledd-ddwyrain am 6 metr.

Palmerston Road, y Barri (15) AT55

Ar ochr y gorllewin, o'r ffin rhwng rhifau eiddo 13 a 15 tua'r gogledd am 5 metr.

Pardoe Crescent, y Barri (28) AU51

Ar ochr y gogledd-orllewin o bwynt 5 metr i'r de-orllewin o'r ffin rhwng rhifau eiddo 26 a 28 tua'r de-orllewin am 3.6 metr.

Porthkerry Road, y Barri (30) AX49

Ar ochr y de-ddwyrain, o'r ffin rhwng rhifau eiddo 30 a 32 tua'r de-orllewin am 6.2 metr.

Tydfil Street, y Barri (7) AU53

Ar ochr y de-orllewin, o'r ffin rhwng rhifau eiddo 7 a 9 tua'r de-ddwyrain am 6.6 metr.

Grove Place, Penarth (23) AK64

Ar ochr y de-ddwyrain, o'r ffin rhwng rhifau eiddo 21 a 23 tua'r gogledd-ddwyrain am 5.5 metr.

Paget Road, Penarth (31) AI64

Ar ochr y de-ddwyrain, o'r ffin rhwng rhifau eiddo 31 a 32 tua'r gogledd-ddwyrain am 6.6 metr.

Dyddiedig 23 Ionawr 2020
Cyfarwyddwr yr Amgylchedd a Thai
Cyngor Bro Morgannwg, Depo'r Alpau,
Gwenfô CF5 6AA



THE VALE OF GLAMORGAN COUNCIL (PROHIBITION AND RESTRICTION OF WAITING AND LOADING AND PARKING PLACES) (CIVIL ENFORCEMENT) (AMENDMENT) (NO 8) ORDER 2019

1. On the 20th January 2020 The Vale of Glamorgan Council in exercise of its powers under the Road Traffic Regulation Act 1984 and the Traffic Management Act 2004 and all other enabling powers made an Order to remove the disabled persons parking places at the locations specified in Schedules 1 and 2 and install disabled persons parking places at the locations specified in Schedule 3 below.
2. The Order will come into operation on 27th January 2020 or on the dates that the signs and road markings are removed or installed whichever is the later and be known as the "Vale of Glamorgan Council (Prohibition and Restriction of Waiting and Loading and Parking Places) (Civil Enforcement) (Amendment) (No 8) Order 2019".
3. A copy of the Order and plans showing the affected areas may be seen at the address shown below during normal office hours.
4. If you wish to question the validity of the Order or any provisions contained therein on the grounds that they are not within the powers conferred by the above Act or on the grounds that any requirement of the same or that any instrument made under it has not been complied with in relation to the Order, you may within six weeks from the 27th January 2020 apply to the High Court for this purpose.

The following Traffic Regulation Order is to be amended as follows:
Vale of Glamorgan Council (Prohibition and Restriction of Waiting and Loading and Parking Places) (Civil Enforcement) Order 2013

SCHEDULE 1

Proposed Removal of Disabled Persons Parking Places

Jenner Road, Barry (67) AW50

On the south east side from the common boundary of property numbers 65 and 67 in a south westerly direction for a distance of 6.6 metres.

Wenvoe Terrace, Barry (37) AW50

On the north west side from the common boundary of property numbers 36 and 37 in a north easterly direction for a distance of 6.2 metres.

Windsor Road, Penarth (164) AH63

On the south west side from a point 39 metres south east from the junction with Andrew Road in a south easterly direction for a distance of 5 metres.

SCHEDULE 2

Proposed revocation of the existing Disabled Persons Parking Place and replace with Limited Waiting Monday to Saturday 8am until 6pm 2 hours no return within 2 hours except Resident Permit Holders

Lower Morel Street, Barry (13) AV53

On the south west side from the common boundary of property numbers 13 and 15 in a south easterly direction for a distance of 5.1 metres.

Newlands Street, Barry (39) AV52

On the north east side from the common boundary of property numbers 39 and 40 in a north westerly direction for a distance of 6 metres.

SCHEDULE 3

Proposed Disabled Persons Parking Places

Jenner Road, Barry (65) AW50

On the south east side from the common boundary of property numbers 63 and 65 in a south westerly direction for a distance of 6 metres.

Maes y Cwm Street, Barry (59) AU52

On the north west side from the common boundary of property numbers 59 and 61 in a south westerly direction for a distance of 5.3 metres.

Oxford Street, Barry (Coedceri) AY48

On the north west side from the common boundary of properties Coedceri and Llanwendy in a north easterly direction for a distance of 6 metres.

Palmerston Road, Barry (15) AT55

On the west side from the common boundary of property numbers 13 and 15 in a northerly direction for a distance of 5 metres.

Pardoe Crescent, Barry (28) AU51

On the north west from a point 5 metres south west of the common boundary of property numbers 26 and 28 in a south westerly direction for a distance of 3.6 metres.

Porthkerry Road, Barry (30) AX49

On the south east side from the common boundary of property numbers 30 and 32 in a south westerly direction for a distance of 6.2 metres.

Tydfil Street, Barry (7) AU53

On the south west side from the common boundary of property numbers 7 and 9 in a

south easterly direction for a distance of 6.6 metres.

Grove Place, Penarth (23) AK64

On the south east side from the common boundary of property numbers 21 and 23 in a north easterly direction for a distance of 5.5 metres.

Paget Road, Penarth (31) AI64

On the south east side from the common boundary of property numbers 31 and 32 in a north easterly direction for a distance of 6.6 metres.

Dated this 23rd day of January 2020
Director of Environment & Housing
Vale of Glamorgan Council, Alps Depot,
Wenvoe CF5 6AA



Help prevent the spread of 'flu' this winter

WITH influenza now circulating in Wales, parents are being urged to make sure their children are protected as figures show 38,185 young people aged two or three have yet to get their 'flu' vaccine this winter.

Children are vulnerable to flu and its complications, and those who were aged two or three on August 31, 2019 are eligible to get their annual nasal spray flu vaccine free.

Dr Richard Roberts, head of the Vaccine Preventable Disease programme at Public Health Wales said: "Children are 'super-spreaders', so protecting them helps protect those around them too. If your child was aged two or three on August 31, 2019 and they haven't had their vaccine yet, speak to your GP today as it's not too late to get them protected."

There have been 1,350 confirmed cases of flu since October 1, 2019; 98% of these cases have been Influenza A and the other 2% Influenza B. Confirmed cases represent a very small proportion of the total cases in the community, as flu affects around one in 10 of the population each year. Flu spreads via droplets sprayed into the air when an infected person coughs or sneezes. Direct contact with contaminated hands or surfaces can also spread infection rapidly.

Dr Roberts added: "Children are 'super-spreaders', so people with flu tend to become ill quite quickly and symptoms can include fever, chills, headaches and aching muscles, often with a cough and sore throat. If you think you have flu, drink plenty of fluids, take paracetamol or ibuprofen and avoid contact with vulnerable individuals while you are unwell. Most people do not need to visit their GP surgery, but

if you are in a risk group and think you have flu, you should talk to your GP or community pharmacist as soon as possible.

"It's also important to reduce the risk of spreading flu, so always:

"Catch it – catch your sneeze in a tissue;

"Bin it – put your tissue straight in the bin;

"Kill it – clean your hands as soon as possible.

"Make sure you clean hard surfaces regularly and avoid contact with others while you are unwell, especially if they are in a high-risk group. If you feel unwell or have flu-like symptoms, please do not visit healthcare facilities. Some people are more vulnerable to infection – don't put their health at risk. If you think you might have flu check your symptoms using the NHS Direct Wales symptom checker and to find out who is eligible for a free flu vaccine visit www.beatflu.org.

Aberavon Quins fight back against Porthcawl



LEFT: Leon McNally is on the charge for Porthcawl. RIGHT: Porthcawl's Kyle Galtry makes a tackle. (Photographs by Tracey Williams).

MAKE no mistake, this was a clash of huge relevance with so much resting on the result, as Porthcawl were at home to Aberavon Quins.

In the end, it was the Quins who prevailed, derailing the Seaweeds' slender 9-6 lead going into the final five minutes of the match after a titanic clash worthy of the top of the division.

As to be expected, the clash of two good packs, with the visitors holding a slight weight advantage, together with two back divisions intent on playing rugby, made for a nail-biting encounter.

As the match progressed, it was an expectedly tight affair with the visitors showing their intent but coming up against Porthcawl's vaunted miserly defence.

The first half actually saw Porthcawl edge it on balance. However, it was Quins who went into the lead with a penalty after 32 minutes.

Skipper Leon MacNally is having a good season and it was his fine line-out catch and the subsequent drive that set up the position for Josh White to level at 3-3 with a 22-metre penalty.

With both sides unrelenting in their efforts to put points on the board, the Quins had the better of it just before the break as they mounted drive after drive, only for the Seaweeds' rock-like defence to keep them at bay as the whistle sounded to end an engaging half.

The home side needed to start the second spell well and slowly but surely, Porthcawl began to build pressure with some useful possession and the Quins were struggling to leave their own half, as White's boot kept sending them back deep into their own territory.

This paid off as from 42 metres out, White struck a superb penalty as the Quins indiscipline yielded a chance to take the lead by 6-3, and minutes later White's third successful penalty made it 9-3, with the pendulum, at least for now, swinging Porthcawl's way.

With centre Sean Wilcox proving a hard running thorn in the Quins' side, often taking three tacklers to stop him moving, it seemed that Porthcawl would continue to drain the effort from the visitors, but going into the closing stages of the match, it turned when a penalty downfield pushed the Seaweeds back into their own territory, with the lineout then preceding a scrum deep in Porthcawl's 22.

A high tackle by the home side in desperate defence, allowed the Quins the chance to reduce the margin to just three with a penalty for 9-6 and a frenetic finish was now the only game in town.

Another lineout for the Quins as they pressed hard close to Porthcawl's 22 was stolen by flanker Louis Protheroe, a feat he performed for Porthcawl through the afternoon to frustrate the Quins but then the match changed as White received a yellow card for a transgression and this seemed to spur the opposition.

A scrum deep in the home 22 saw the Quins get the pressure on and as it collapsed the referee blew for a penalty try to Quins, the seven points turning the score round at 9-13 with just minutes remaining.

It was now all Porthcawl as they piled on wave after wave of attack, with centre Gareth Rees almost breaking the tackle for what would have been the crucial score, only to be halted short.

Porthcawl remain in third spot and will want to get back to winning ways with a visit to meet Bridgend Sports at the Bandstand Field on Saturday.

Report by Paul Fielding

Playing tennis beats the gym when it comes to your long-term health

PLAYING tennis could beat going to the gym when it comes to warding-off muscle and bone problems later in life, according to a groundbreaking new study.

So-called 'Musculoskeletal' problems are a major issue in the UK, with 1 in 4 of the adult population affected.

They include issues like joint pain from osteoarthritis, bones weakened by osteoporosis as well as the muscle-wasting condition sarcopenia.

But now a new study by experts at Liverpool Hope University say there could be a simple method of preventing musculoskeletal conditions, particularly among those aged 50 and over - and that's playing tennis.

Sports and Exercise scientist Dr Matthew Jackson compared two healthy groups - one who played tennis regularly and another who got their NHS-recommended 150 minutes of exercise per week through activities like running, cycling and going to the gym.

And Dr Jackson, an exercise physiologist, says the tennis players enjoyed 'significantly greater' musculoskeletal health compared with the regular 'keep fit' group.

He writes: "The findings suggest tennis is an excellent activity mode to promote musculoskeletal health and should therefore be more frequently recommended as a viable alternative to existing physical activity guidelines."

According to the NHS, around 9.6 million adults and 12,000 children in the UK suffer from one of the many musculoskeletal issues.

It's also a huge drain on the NHS, accounting for almost a third - 30 per cent - of all GP consultations.

But Dr Jackson says a simple change of sport could alter the landscape of musculoskeletal health in Britain.

The study, just published in the journal Sports Health, involved

90 participants - 43 tennis players and 47 regular exercisers - aged between 18 and 65.

Their 'musculoskeletal function' was measured through a series of tests that analysed body composition, upper body strength, lower body strength and muscle fatigue.

It also analysed aerobic endurance and cardiovascular fitness through 'VO2 max' oxygen uptake.

And the tennis players not only enjoyed a more favourable BMI when compared with the gym-goers - they also displayed better upper body and lower extremity function than those not used to holding a racket.

Dr Jackson, based at Liverpool Hope University's state-of-the-art School of Health Sciences, says there's something unique about tennis that makes it so beneficial.

He explains: "As we age, we lose muscle mass and we lose bone mineral density over time. It happens to all of us."

"But when you reach 50 years old, the process accelerates much quicker and we need to target and advise this demographic about the dangers."

"Lots of people are active in their younger years but by the time they reach their 40s, they're giving up and often go a decade or so without doing anything."

"And we want to get people in those age groups as active as possible to avoid things like osteoarthritis, osteoporosis and sarcopenia - as being inactive is likely to make you obese, which can exacerbate the symptoms of all three."

"Tennis is great as an all-round sport. It targets the cardiovascular system but also improves your muscle mass and you bone mineral density because it's a weight-bearing sport that incorporates aspects of power and strength."

"Equally important is the social aspect of playing tennis - and if you enjoy it, you're more likely to keep doing it."

Dr Jackson says muscle-wasting sarcopenia can be particularly debilitating, as patients lose the strength to perform their normal daily routine, activities like doing the weekly shop - and even bathing can become difficult.

But he says it is reversible - giving hope to many sufferers.

He says: "There's an assumption that you can't do anything with those suffering severe muscle loss in their later years. But sarcopenia is reversible."

"Older people are often wrapped in cotton wool but they're actually capable of doing much more than you'd think in terms of exercise."

The participants in the study all underwent testing at the School of Health Sciences laboratories at Liverpool Hope University over the course of around two-and-a-half hours.

Tests including things like handgrip strength - as a measure of overall upper body function - knee flex and extension ability, as well as running on a treadmill.

And after what's known as 'cluster analysis', tennis players outscored the general keep-fit group when it comes to 'upper extremity' and 'lower body' function, as well as having a lower BMI.

Dr Jackson adds: "There's a common misconception that tennis is for rich people. But it's really not expensive to be a member of your local tennis club."

"And, as a University, we're engaging with the Lawn Tennis Association (LTA) to get more facilities opened to the public for free."

"It's also important to note that the actual time spent exercising between the two study groups didn't differ significantly."

"But tennis is something you're likely to play for a little longer, with all the associated health gains."

Latest from Barry and District Clubs League

CRIB Division 1: Cadoxton Cons 8, Moors Boys 7; Wyndham Cons 7, Romilly Railway 8; West End 5, Liberals 10.

League points: Romilly Railway 101, Liberals 98, West End 98, Moors Boys 96, Rhose Social 96, Cadoxton Cons 94, Wyndham Cons 92.

Skittles Division 1: Slammers 6, Liberals A 1; Liberals C 1, King William XII 6; Rhose Social C 7, Barry Town Fc 0; Rugby Club 2, Barries Boys 5; West End D 6.5, Sea View Exiles 0.5; Rhose Social A 1.5, Rhosesters 5.5; Cambrian Flyers 1.5, Allsorts 5.5; West End C 3, Rhose Social B 4.

League points: West End D 73.0, Sea View Exiles 71.5, Rhose Social C 70.5, King William XII 60.0, Rugby Club 59.5, Allsorts 57.5, Rhose Social A 52.5, Barry Town Fc 51.5, Liberals C 49.0, Barries Boys 48.5, West End C 48.0, Slammers 46.5, Rhosesters 43.0, Rhose Social B 38.5, Cambrian Flyers 32.5, Liberals A 31.0.

Snooker division 1: Harbour B 2, West End C 3; Penarth Cons B 2, Wyndham Cons A 3; Rhose

Social C 2, Cadoxton Cons B 3; Penarth Cons A 3, Liberators 2; Cadoxton Cons Z 3, Savoy B 2.

League points: West End C 54, Harbour B 47, Savoy B 44, Cadoxton Cons B 39, Cadoxton Cons Z 39, Penarth Cons A 39, Wyndham Cons A 36, Rhose Social C 26, Penarth Cons B 20, Rhose Social B 18, *Liberators 13.

Snooker Division 2: Sully Sports A 2, Savoy C 3; Market Street B 3, Market Street A 2; West End A 2, Services Social B 3; Harbour A 1, Market Street C 4; West End B 1, Wyndham Cons D 4.

League points: Market Street C 46, Market Street A 43, Savoy C 41, Market Street B 40, Services Social B 39, West End A 35, Wyndham Cons D 34, Harbour A 32, Cadoxton Cons A 27, Sully Sports A 27, West End B 26.

* points deducted.
View all results and league tables at www.barryleagues.co.uk.

Tony Yates takes Skoda's Kamiq SE out for a spin

THE Skoda Kamiq SE 1.0 litre TSi was the subject of this week's motoring review, and here's what Tony Yates has to say about its performance:

Power and efficiency

MY test car was fitted with a 95PS 1.0-litre TSi petrol engine. Its performance is not mind-blowing, if I'm being honest, but it's still fun.

Right now you are thinking 'how on earth can a 1.0-litre engine move a vehicle of this size and turn any sort of speed? Well, firstly, that 1.0-litre engine does actually have a decent powerband which will propel it to a 0-62 time of around 11.1 seconds and a combined fuel consumption figure that will easily reach 44 mpg, if not a little higher. If you really are interested, the Kamiq will reach a top speed of around 112mph. It's not a sports car, but it's still pretty nippy for a 1.0-litre.

On the road

I'M very impressed by how the Kamiq dealt with the lumps and bumps on our roads.

Plus, into the corners, it also felt very controlled and steady – even when pushed to its limits. There were also no nasty surprises and nothing unexpected happened.

I want to talk about its exciting chassis – but I doubt you will care – as long as you feel safe and it's a lovely ride. I'm happy to report it's all of those things all rolled up into one perfect package. You can read all the glossy magazines you want – but the proof is when you get your new car out on the open road with three children and a boot full of bags. Only after many hours of driving will you understand the difference between a car that's good and one that's pretty epic.



Tony Yates put the Skoda Kamiq SE – 1.0 TSi 95PS through its paces recently.

Safety and technology

ON the inside, the new Kamiq looks great and Skoda has done a lovely job of making it appealing, plus the Kamiq stands out, thanks to a nicely trimmed cabin which feels well put together.

Rear legroom is also massive, thanks to the excellent rear seat configuration. The Kamiq will easily accommodate five people or a large family with ease and as many suitcases and bags as you can cram in.

The level of standard equipment on the SE version I tested had: automatic dimming rear view mirror, Bolero radio with 8"

touchscreen display, cruise control, eight audio speakers, front assist, hill hold control, lane assist, LED headlights, light and rain sensors, rear parking sensors, side airbags in front with curtain airbags and Smartlink, plus lots more technology and a whole raft of safety features to keep you protected while out on the open road.

In summary

THE Kamiq is perfect for anyone looking for a family vehicle that looks exceptional, has many safety features and some very clever technology. Price: £23,295 (as tested) including options.





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A thrilling draw as Tondy Youth take on Lougher



Tondy Youth – Ifan Hunnam races away to score.

TONDU Youth went into this weekend with confidence having won their past two games against Kenfig Hill and Gowerton, but the Wheelers knew Lougher would be a tough test.

There was a positive start for Tondy as Ioan Billingham scored off the back of a driving maul, converted by Morgan Williams. Lougher responded and crashed

over to make the score 7-5. For Tondy, Lewis Hawkins was the next scorer, making it 12-5 and then Tom Painter carried well before releasing Morgan Boobyer, who offloaded to Ifan Hunnam who raced away to score. The try was converted by Morgan Williams, and it was 19-5 to Tondy.

Lougher were determined to stay in the game and they scored the first points of the second half, a converted try, making

it 19-12 to Tondy. The game went back and forth as both teams showed resilience, but Luke Smith was given some space on the wing and he dotted down in the corner to make it 24-12 to Tondy. Tondy then had two disallowed tries, which were to prove costly: they were forced to defend for the last 10 minutes before Lewis Hawkins was given a yellow card, and a few moments later Lougher scored. The game ended 24-24.

Close, but Tondy let chances slip in last 10 minutes



Tacklers double up on Matthew Davies (left) while Josh Tatchell sets up an attack, right. Photos by Gareth Anthony.

THERE was a bright start for Tondy in this decisive bottom of the table clash away at Brynamman, with crisp handling from the backs sending wing James Leopard over in the corner for an early try.

The home side responded though, with a splendid try of their own from No 8 Matthew Llewellyn 10 minutes later.

There was then a period of end to end rugby with both sides guilty of handling errors that meant the scoreboard stayed static until Rhys Williams slotted a late penalty for the home side to give them narrowest of half time leads.

Tondy levelled things early in the second period with a penalty by Josh Tatchell after a high tackle on scrum half Geraint Gillett.

Again, both sides had their chances to put a stranglehold on the game but the finishing was poor. However, midway through the second half a lineout near the Brynamman line saw the visitors take the ball on and then unleash their back line with devastating results allowing centre Matthew Davies to crash over for a splendid try, converted by Tatchell. The home side came back, knowing that defeat to leave them bottom of the table, and their pressure paid off when full back Liam Smith went on a solo run

from outside the 22 to score wide out.

It was a great effort but Tondy would have been disappointed with the missed tackles that allowed Smith to reach the line. Craig Jones slotted the conversion and we were again level at 15-all.

Now it was all to play for and evident that one score could be enough to clinch the valuable win as the game moved into the final 10 minutes.

It was the home side that got the breakthrough after being awarded a penalty in front of the posts, which Jones slotted with ease.

But even then Tondy had the chance to take something from the game, Tatchell hit the post with a penalty that he would normally consider bread and butter and a dropped pass with the line beckoning took us to the final whistle, and a disappointing end to a game that Tondy could have and should have won. They stay bottom of the table with back to back games against Glynneath to look forward to, starting with another away trip next Saturday. Tondy Seconds went down 26-17 at Ammanford, tries coming from Dan Thomas, Tom Harris and a try and conversion from Tom Vancleaner

Report by Mike Sully

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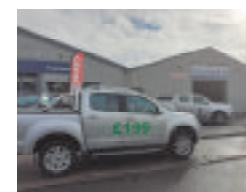
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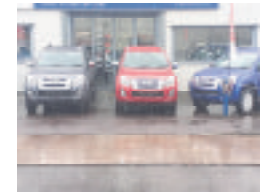
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Barrivale Bridge Club – the last fortnight's results

THE results for Barrivale Bridge Club on Tuesday, January 7 are as follows:

First, Mike Close and Mick Green 61.25 per cent; second, Denis Mottram and Noelle Bond 58.75; Peter Millar and Dave Thomas 57.92.

The handicap winners were Alan Rees and Richards.

Results from play on January 14:

First, Peter Millar and Adrian Trickey, 67.92%; second, Mark Roderick and Mick Green, 64.17; third, Mike Close and Mia Deschepper, 57.82%.

The handicap winners were Hilary Laurence and

Vivien Liles.

New members are welcomed and a partner may be arranged, if required. Call 01446 418380, 01446 733425, 01446 735592 or call at the Pioneer Hall, Beryl Road, Barry at 7pm on Tuesday evening.

The following are also available for beginners and improvers:

- Classes and assisted play at the Pioneer Hall Friday mornings, 10am – 12.30pm. (Doors open at 9.45am).

- Assisted play Thursday afternoons, 1.30pm – 4pm at the Barry Uniting Church, Heol y Llongau, Barry, CF63 4AP. **LH**

Barry and District Men's Skittles League round up

THE latest results from the Barry and District Men's Skittles League are as follows:

Division 1: Blue Monkey 272 (M Underdown 28), Billy Whizz 265 (S Coombs 27); Cavaliers 272 (M Treweek 29), Merryman 288 (A Pearce 30); Sea View 345 (A Elston 39), Park Lads 312 (M Whyman Jnr 31); Willie Wombles 296 (J Parsons 33), Posties 285 (Morg Marks 28); British Rail 277 (L John 31), Bunker Boys 293 (C Jennings 30); 49ers 287 (R Bolt, B Hopkins 29), Geest 292 (P Hunt 30).

League points: Merryman 22, 49ers 20, Blue Monkey 14, Billy Whizz 14, Willie Wombles 14, Cavaliers 14, Bunker Boys 9, Park Lads 9, Sea View 8, Posties 6, British Rail 6, Geest 6.

Division 2: Barry Park B 259 (A Chick 26), Cannon Balls 256 (D Pike 27); Hairly Lemons 278 (J Birch 27), Tynny Lads 259 (D Sluman 33); Colcot Boys 266 (T Sherrin 27), Park Rangers 269 (S James, T Power 27); KP Rejects 328 (J Barrett 34), H Bells 344 (T Cole, B Crockford 35); Witchill

Poachers 353 (R Ashby 34), Castle Boys 353 (M Bond 37); Exiles 265 (E Collins 30), Mighty Dockers 270 (K Enticott 29).

League points: Cannon Balls 18, Mighty Dockers 18, H Bells 16, Tynny Lads 16, KP Rejects 14, Hairly Lemons 11, Park Rangers 11, Barry Park B 1, Colcot Boys 10, Witchill Poachers 9, Castle Boys 6, Exiles 2.

Division 3: Abercrete 257 (J Newton 28), Billy Flyers 267 (S Taylor, N Spear, D Everitt 26); Billy Bluebirds 253 (C Prangle, G Norris 26), Alternatives 268 (M Davies 27); Ex Servicemen 230 (A Kemp, R Williams, D Kuhnell 23), Cocoa Nuts 254 (S Evans 27); CUD 226 (B Williams 25), BP Breakaways 263 (P Gardner 29).

League points: Alternatives 16, Billy Bluebirds 14, Cocoa Nuts 12, Billy Flyers 12, Royalists 12, BP Breakaways 10, Ex Servicemen 10, Witchill Nomads 5, CUD 3, Abercrete 2.

View all results and league tables at www.barryleagues.co.uk.

JW

Barry Chess Club news

WITH matches being played in Divisions 2 and 4, Barry Chess Club has now reached the halfway point in the league season.

The Camelots travelled to Caerphilly to play the Castles. The Camelots started the season well, winning their first four matches, then drawing two. They lost their seventh match against the league leaders, Pontypridd Barbarians, but needed to return to winning ways against a team with lower rated players. Dave Turner was the only Barry winner on the night. Matthew Davies and Dave Parsons both took draws giving the Caerphilly team a 3-2 victory.

The Camelots drop to third place in the table. Fortunately, Barry has a four-point advantage over the Castles but the North Cardiff Panthers cannot be overlooked as they have a match in hand. If Barry doesn't get back to winning ways soon, their promotion hopes may evaporate.

In division 4, the Stauntons made the short trip

to Penarth to play the Piers. For the Stauntons, Sian Balchin took her first victory of the season. On board 4, Dave Mahoney also took victory. The best performance of the day however came from Erion Pici, earning a draw against a much higher ranked player. There was also a draw for Ieuan Thomas giving the Stauntons their second victory in succession by a score of 3-2. Barry remain in eighth place but are catching up to the teams above them.

The Barry Chess Club meets at 7.30pm most Mondays at the West End Club, St Nicholas Road, Barry, CF62 6QY. The club is open to players of all standards, whether interested in playing competitive chess or just the occasional friendly game.

New players are welcome to turn up on the night, but it is better to contact one of the club members through the website and arrange for someone to greet you on your arrival. For more details, visit barrychessclub.yolasite.com.

PJ

Brynhill Golf Club members cope with winter frost and bright sunshine

THE beautiful sunshine tempted the hackerati back onto the Brynhill Course for the 10th inter-competition of the season.

With shaded areas staying frozen, freakish bounces were the order of the day.

There were no problems for Dave Johnson though, as he carded an impressive 41 points, four better than

Scott Nelson, with Mike Reddi claiming third spot with 36.

Handicap reductions are temporary over the winter but Johnson's 41 (over 16 holes) has caused Slasher Giles to stir in his lair and a repeat by Dave is likely to result in a permanent reduction from the perpetually grumpy handicap secretary.

AS

Pencoed shaded in Second XV top-of-table match

PENCOED and Nantyffyllon second teams observed a minute's silence prior to kick off in memory of former Pencoed RFC club captain, Gareth Jones, a youth coach, Welsh Youth Cap and Cardiff RFC wing forward who played with distinction for the aforementioned teams.

This top of the Mid Glamorgan league match did not disappoint, both teams playing with intensity throughout.

Pencoed dominated the opening quarter, but despite several scoring chances, the Nantyffyllon try line remained intact.

As the half progressed the Llynfi Valley side came more and more into the game and got a foothold in the home 22 for the first time in the match. Sustained pressure saw centre Evan Price cross at the posts, Drew Price adding the extras.

'Nanty' were now pressing hard and good combined play saw the supporting Daniel Isherwood

go over and the visitors led 0-12, the home side perhaps a little unlucky to trail at the interval.

Pencoed started the second half strongly and got their reward, hooker Joe Daniel crossing in determined manner, Tom Cross converting.

There was very little between the sides as they battled for supremacy. However, the Pencoed task was made a little more difficult when picking up a second yellow card of the match.

Pencoed then introduced their replacements with Dewi Jury, despite his protestations over his good looks, taking up the unfamiliar position of prop forward! Fellow replacement Gareth Dyer was held up just short at the posts and despite the home side's best efforts, they had to settle for a losing bonus point.

Currently both clubs are joint league leaders on 26 points with identical playing records having played eight, won five and lost three. It all makes for a most interesting second half of the season.

TR

Bridgend Quiz League

THE results from the Bridgend Quiz League for January 20 are as follows:

Division 1: Oldcastle A 46, Crown Maesteg 36; TyRisha Royals 45, Mackworth Arms 43; Laleston Inn A 45, Chatterton Shunters 44; Tondy Railway Club 50, Penybont AFC Nomads 50.

Division 2: Cabo Roche 53, Tondy Railway Locos 31; Pheasant Gamekeepers 47, Oldcastle B 41; Prince of Wales Rebels 52, Laleston Inn B 47;

Six Bells Clangers 52, Pheasant Pluckers 52.

Test your general knowledge with these teasers from the Quiz League:

1. What are the young of alpacas and llamas called?
2. In which sport did Shirley Muldowney become the first female champion in 1977?
3. Who sang 'One Step Out Of Time' for the UK in the 1992 Eurovision Song Contest?

Answers: 1. Cria; 2. Drag racing; 3. Michael Ball

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19 69 FORD FOCUS 1.5 EcoBoost 182 ST-Line X 5dr, Ford warranty Oct 2022, sat nav, reverse camera, heated seats, only 311 miles in white, half-leather.....**£19995**

17 17 FORD FOCUS 1.0 EcoBoost 125 Zetec 5dr, Ford warranty April 2020, sat nav, Bluetooth, cruise, 18k, met blue.....**£9995**

17 17 FORD FOCUS 1.5 TDCi 120 Zetec Edition 5dr, Ford warranty Aril 2020, sat nav, cruise, Bluetooth, silver.....**£8495**

17 67 FORD KUGA 2.0 TDCi 180 ST-Line 5dr, Ford warranty Dec 2020, sat nav, reverse camera, cruise, 20k, silver.....**£17495**

16 66 FORD S-MAX 2.0 TDCi 180 Titanium Sport 5dr X-Pack (7-Seater), pan roof, sat nav, 33k, black, full leather.....**£17495**

19 19 HYUNDAI i30 2.0 T GDI N Performance 5dr (271bhp), Hyundai warranty April 2024, sat nav, reverse camera, 19" alloys, 3k, black, half-leather.....**£21995**

19 69 HYUNDAI KONA 1.6 150kw GDI Hybrid Premium SE 5dr Automatic, Hyundai warranty Oct 2024, sat nav, reverse camera, heated seats, only 464 miles in orange.....**£22995**

19 19 HYUNDAI TUCSON 1.6 CRDi SE Nav 5dr 2WD, Hyundai warranty May 2024, sat nav, reverse camera, 7k, grey, full leather.....**£18995**

16 66 HYUNDAI SANTA FE 2.2 CRDi Blue Drive Premium 5dr 4WD, Hyundai warranty Dec 2021, sat nav, reverse camera, privacy glass, blue, full leather.....**£14495**

16 66 INFINITI Q30 2.2D Premium Tech 5dr DCT automatic 4WD, panoramic roof, 18" alloys, 19k, grey, full leather.....**£15995**

16 67 JAGUAR F-PACE 3.0d V6 S 5dr Auto AWD (300bhp), Jaguar warranty Dec 2020, 20" alloys, sat nav, 28k, white, full two tone leather.....**£31995**

17 67 JEEP CHEROKEE 2.0 MultiJet Limited 5dr 4WD, Jeep warranty Oct 2020, sat nav, 13k, grey, full leather.....**£16495**

18 18 JEEP CHEROKEE 2.2 CRD MultiJet 200 Limited 5dr 4WD Automatic, Jeep warranty Oct 2020, sat nav, reverse camera, privacy glass, 12k, choice, full leather.....**£16995**

15 15 JEEP RENEGADE 1.6 MultiJet Sport 5dr, alloys, privacy glass, 14k, orange.....**£9495**

16 66 JEEP RENEGADE 2.0 MultiJet Limited 5dr Automatic 4WD, sat nav, heated seats, black, full leather.....**£9495**

13 63 KIA CEED 1.4 CRD 1 Estate, air-con, Bluetooth, aux, usb, silver.....**£4495**

18 68 KIA NIRO 1.6 GDI Hybrid 4 5dr DCT Automatic, KIA Warranty until November 2025, pan roof, sat nav, reverse camera, 13k, grey, full leather.....**£21995**

16 66 KIA SPORTAGE 1.6 T-GDI GT-Line 5dr Automatic AWD, KIA warranty Nov 2023, sat nav, reverse camera, heated seats, choice, full leather.....**£14495**

17 67 KIA SPORTAGE 1.6 T GDI GT-Line 5dr 4WD, KIA warranty Nov 2024, sat nav, reverse camera, 12k, white, full leather.....**£16495**

16 66 KIA SPORTAGE 1.7 CRDi ISG 3 5dr (Facelift), KIA warranty Oct 2023, sat nav, reverse camera, 28k, choice, full leather.....**£13495**

16 16 KIA SPORTAGE 2.0 CRDi KX-3 5dr (Facelift), KIA warranty June 2023, sat nav, reverse camera, 41k, met blue, full leather.....**£13295**

16 16 KIA SPORTAGE 2.0 CRDi KX-3 5dr Automatic AWD (Facelift), KIA warranty May 2023, sat nav, reverse camera, white, full leather.....**£14295**

17 17 KIA SPORTAGE 2.0 CRDi KX-4 AWD 5dr, pan roof, sat nav, cruise, reverse camera, choice, full leather.....**£14495**

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15 15 LAND ROVER RANGE ROVER EVOQUE 2.2 eD4 Pure 5dr [Tech Pack] 2WD, pan roof, sat nav, 18"alloys, grey, full leather.....£13995

14 64 LAND ROVER RANGE ROVER 3.0 TDV6 Autobiography 5dr Automatic, pan roof, TV, sat nav, electric side steps, reverse camera, white, full leather.....£34995

16 16 LAND ROVER RANGE ROVER SPORT 3.0 SDV6 (306) HSE 5dr Automatic 4x4, sat nav, reverse camera, 20"alloys, heated and cooled seats, black, full leather.....£30995

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17 67 LEXUS IS300h Advance 4dr CVT Automatic, sat nav, reverse camera, 17"alloys, cruise, grey, full leather.....£17495

18 68 MAZDA 3 2.2 D SPORT Nav 5dr, Mazda warranty Sept 2021, sat nav, headup display, reverse camera, black, full leather...£14995

16 16 MAZDA CX-3 1.5 D Sport 5dr, sat nav, reverse camera, Bose, 26k, silver, full leather.....£12995

16 66 MERCEDES A180 D AMG Line 5dr, xenons, cruise, 18"alloys, grey.....£12995

18 68 MERCEDES A180 D AMG Line 5dr Automatic, Mercedes warranty Oct 2021, sat nav, reverse camera, dab, 15k, choice, half-leather.....£19795

16 66 MERCEDES CLA200 D Sport 4dr, cruise, Bluetooth, aux, usb, 28k, red.....£15495

18 68 MERCEDES C200 AMG Line Premium 5dr Estate 9G-Tronic Automatic, Mercedes warranty Oct 2021, sat nav, reverse camera, dab, usb, 8k, choice, half-leather.....£22995

19 19 MERCEDES C300 D AMG Line Premium 2dr Coupe 9G-Tronic Automatic, Mercedes warranty April 2022, sat nav, reverse camera, 1k, choice with half-leather.....£28995

16 66 MERCEDES C300 AMG Line 2dr Convertible Automatic, sat nav, reverse camera, 18"alloys, 27k, blue, full leather.....£21495

17 67 MERCEDES E200 D SE 4dr 9G-Tronic Automatic, Mercedes warranty Oct 2020, sat nav, reverse camera, 17k, choice, full leather.....£19995

17 17 MERCEDES E220 D AMG Line 4dr 9G-Tronic Automatic, Mercedes warranty Aug 2020, widescreen sat nav, ambient lighting, heated seats, xenons, 20k, choice.....£19795

14 64 MERCEDES E250 CDI AMG Line Premium Plus 4dr 7G-Tronic Automatic, pan roof, sat nav, reverse camera, white.....£14995

18 18 MERCEDES E220 D AMG Line 2dr Convertible Automatic, Mercedes warranty April 2021, sat nav, 20"alloys, reverse camera, 9k, black.....£26995

17 67 MERCEDES E220 D AMG Line 5dr Estate 9G-Tronic Automatic, Mercedes warranty Oct 2020, sat nav, reverse camera, 19"alloys, 13k, choice, half-leather.....£20495

16 66 MERCEDES GLC220d 4Matic Sport Premium 5dr 9G-Tronic Automatic, pan roof, sat nav, reverse camera, grey, full leather.....£21495

18 18 MERCEDES GLC250d 4Matic AMG Line Premium 5dr 9G-Tronic Automatic, Mercedes April 2021, pan roof, sat nav, 20"alloys, 14k, white, full leather.....£28495

18 18 MERCEDES GLS350 D 4Matic AMG Line 5dr 9G-Tronic Automatic 7-Seater, Mercedes warranty Aug 2021, night pack, Harman kardon, sat nav, pan roof, 13k, white, full leather....£43995

16 16 MINI CLUBMAN 1.5 6dr Estate, sat nav, chilli + tic pack, 33k, black, half-leather.....£10495

18 18 MINI COOPER 2.0 S II 5dr, Mini warranty Oct 2021, sat nav, apple car play, privacy glass, 15k, black.....£13295

16 66 MINI COOPER 1.5 D 5dr, black alloys, air-con, Bluetooth, aux, usb, 25k, white.....£8795

16 65 MINI COUNTRYMAN 1.6 Cooper D Business Edition 5dr, elec glass roof, sat nav, 17"black alloys, 33k, white.....£11495

16 66 MINI COUNTRYMAN 2.0 S D 5dr, chilli pack, heated seats, 18"alloys, 32k, blue.....£11995

16 16 MINI CONVERTIBLE 1.5 2dr, JCW chilli pack, heated seats, reverse camera, 12k, white, half-leather.....£12995

16 66 MINI PACEMAN 1.6 ALL4 3dr Automatic, media pack – sat nav, pepper pack, tic pack, 7k, silver, half-leather.....£11995

11 11 NISSAN JUKE 1.6 Acenta 5dr [Premium Pack] sat nav, reverse camera, grey.....£4995

14 14 NISSAN JUKE 1.5 DCI Visia 5dr, air-con, alloys, grey...£6295

17 17 NISSAN JUKE 1.5 DCI Tekna 5dr, Nissan warranty April 2020, sat nav, reverse camera, 34k, silver, full leather.....£9795

16 16 NISSAN NAVARA 2.3 DCI 190 Acenta Double Cab Pickup Automatic 4WD, privacy glass, 33k, grey.....£12995+VAT

14 64 NISSAN QASHQAI 1.5 dCi Acenta 5dr, cruise, aux, usb, 17" alloys, blue.....£7495

17 67 NISSAN QASHQAI 1.5 DCI Acenta 5dr, Nissan warranty Oct 2020, cruise, Bluetooth, aux, usb, 14k, blue.....£12495

16 66 NISSAN QASHQAI 1.6 dCi Tekna 5dr, sat nav, rev cam, 24k, black, full leather.....£12495

16 66 NISSAN QASHQAI 1.6 DCI 130 N-Connecta 5dr CVT Automatic, sat nav, reverse camera, blue.....£11495

17 67 NISSAN X-TRAIL 1.6 DCI Acenta 5dr Xtronic Automatic (7-Seater), Nissan warranty Oct 2020, pan roof, cruise, 9k, blue.....£14995

16 66 PEUGEOT 208 1.6 BlueHDI Active 5dr, air-con, Bluetooth, dab, grey.....£6495

18 18 PEUGEOT 2008 1.2 PureTech 110 GT Line 5dr EAT6, Peugeot warranty April 2021, apple car play, sat nav, pan roof, 8k, grey.....£13995

18 68 PORSCHE MACAN 2.0 T 4WD 5dr PDK auto (New Model) pan roof, 21"turbo alloys, BOSE, comfort memory pack, heated seats, LED lights, huge spec, in black with full leather.....£47995

18 18 RENAULT CLIO 0.9 TCE 90 Urban Nav 5dr, Renault warranty March 2022, sat nav, Bluetooth, pdc, 3k, blue.....£9495

17 66 RENAULT CAPTUR 0.9 TCE 90 Dynamique S 5dr, Renault warranty Feb 2021, sat nav, pdc, privacy glass, 19k, black...£9495

17 67 RENAULT KADJAR 1.2 TCE Dynamique Nav 5dr, Renault warranty Nov 2021, sat nav, cruise, Bluetooth, dab, 15k, white.....£11795

16 66 RENAULT KADJAR 1.5 DCI Dynamique Nav 5dr, cruise, Bluetooth, dab, 14k, gold.....£10495

15 65 RENAULT MEGANE 1.5 DCI GT Line Nav 5dr, sat nav, 18"alloys, Bluetooth, 42k, red, half-leather.....£7995

17 67 SEAT ALHAMBRA 2.0 TDI CR Xcellence [150] 5dr DSG (7-Seater) Seat warranty Jan 2021, pan roof, sat nav, 16k, grey, full leather.....£21495

17 67 SEAT LEON 1.6 TDI SE Dynamic Technology 5dr DSG Automatic, Seat warranty until December 2020, sat nav, cruise, 8k, grey.....£11495

17 17 TOYOTA CH-R 1.8 Hybrid Dynamic S 5dr CVT, sat nav, reverse camera, blue.....£18995

17 67 VAUXHALL ADAM 1.4i [100] Slam 3dr, tech pack, 17"alloys, Bluetooth, 13k, red.....£7995

16 66 VAUXHALL ASTRA 1.6 CDTI SRI 5dr, Vauxhall warranty Oct 2019, cruise, Bluetooth, dab, 19k, grey.....£8795

17 66 VW GOLF 2.0 TSI Blue Motion Tech GTI 5dr Automatic (220bhp), VW warranty March 2020, sat nav, cruise, heated seats, 10k, red.....£17995

16 66 VW SCIROCCO 2.0 TDI BlueMotion Tech GT 3dr DSG Automatic, sat nav, 18"black alloys, dab, grey, half-leather.....£13995

17 67 VW TIGUAN 2.0 TDI SE 5dr DSG Automatic, VW warranty Dec 2020, sat nav, cruise, dab, 17k, grey.....£18995

18 68 VOLVO V60 2.0 D4 (190) Momentum Estate Automatic, Volvo warranty Dec 2021, sat nav, heated seats, 10k, black.....£21495

14 64 VOLVO XC60 2.0 D4 R-Design 5dr Geartronic, cruise, Bluetooth, dab, 45k, black, half-leather.....£14495



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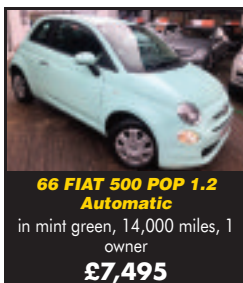
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- 15 RENAULT CAPTUR M NAV 1.5 Diesel in cream, 51,000 miles, sat nav, FSH**£7,495**
- 09 MERCEDES E350 CDI Sport Coupe Auto in met grey with tan leather, 89,000 miles, Sat Nav**£7,495**
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- 65 SEAT IBIZA 14 TOCA 3dr in red, 16,000 miles, with Sat Nav**£6,495**
- 14 PEUGEOT 208 XY E-HDI 1.6 Diesel 3-door in black, 37,000 miles, half lather, pan roof**£6,495**
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- 16 RENAULT MEGANE 1.5 DCi DYNAMIQUE 5 dr met blue 42,000 miles high spec**£6,495**
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RAC

Charity competition offers cash prize for all you Six Nations rugby experts



FOR the sixth year, Cowbridge Rotary Club is running its popular competition based on your skill at predicting the results of the 2020 Guinness Six Nations rugby matches in February and March.

The Rotary club is very grateful to The Glamorgan GEM for supporting this charity project by publicising the competition, printing the entry form and providing a collection point for entries.

The entry form is also a handy list of dates and times for all the matches.

Entry is only £1 with a £100 prize for the best overall prediction of the results of all 15 matches (home win, away win or draw).

The surplus will be allocated to the charity account of Cowbridge Rotary Club.

Anyone can enter wherever they live, and as many times as they wish.

Additional forms can be obtained by: Collection from The GEM Offices, Eastgate, Cowbridge or reception at the Bear Hotel.

To request an entry form, email cowbridge.rotary@yahoo.co.uk

Entry forms together with £1 entry fee should

be delivered either to the Bear Hotel reception or Cowbridge GEM offices, Eastgate and must arrive by kick-off on February 1.

Cowbridge Rotary Club delivers a number of services to the local community, including: Support to Dementia Friendly Cowbridge; assistance with transport; school reading; Stroke Awareness Day; youth competitions; monthly entertainment at Longmeadow Court, Cowbridge.

The club's charity funds are used in many ways, including donations to major national charities including Worldwide Polio eradication; survival boxes to international disasters; water supply to four schools in Uganda and Cowbridge's own Gateway Monday Club

This year's president's charities are:

- Hafal – A Welsh mental health charity supporting those affected by serious mental illness in Wales.

- Amelia Trust Farm: An educative countryside sanctuary for all to enjoy and which supports disadvantaged and vulnerable people.

If you would like to know more about the work of Cowbridge Rotary Club or are interested in joining, please contact the membership chairman, Steve Pearce on 01446 772178.

A good start to the season in the new division for Bridgend Ath Youth

THE newly promoted Ath Youth started the second half of their season, now in Ospreys Div B, with a hard earned 10-8 win against a very strong Kenfig Hill Youth team at Newbridge Fields.

The game started at a cracking pace with both teams trying to run the ball at each other at every opportunity. Kenfig Hill were first to score when their wing broke through just inside the Ath 10-metre line, powering his way forward and drawing fullback Callum Reed before offloading to a team mate to score in the corner, the conversion missed.

This spurred the Ath on who looked to attack at every opportunity. However, the streetwise Kenfig Hill forwards constantly managed to slow the ball down at rucks, preventing the Ath from playing their natural game. Scrum half Josh Tidy was getting extremely frustrated as their pack were being allowed to drag him into rucks, which meant the Ath backs were living off scraps of possession.

However, every time the Ath had possession they looked extremely dangerous. From a ruck 30 metres out, quick hands

by outside half Joe Watts saw him feed Callum Reed who, in turn fed winger Rhys Hyde. Hyde still had plenty to do but used his pace and strength to crash over for a well-deserved try in the corner. The conversion was narrowly missed by Watts.

The Ath continued to pile on the pressure with their driving lineout causing Kenfig Hill no end of problems. The Ath were frustratingly, twice dragged down just short of the line, preventing certain tries.

Back came Kenfig Hill, aided by a massive penalty count against the Ath, who were mystified by some decisions. One such penalty awarded in front of the posts saw the Kenfig Hill full back slot home a penalty for a half time lead to Kenfig Hill of 8-5.

The second half saw the Ath make numerous changes, but they continued with the same momentum and looked to attack from everywhere. A quick pass from centre Tom Reed to fellow centre Danny Osargie saw him burst through, only to be tackled just short of the line, and somehow Kenfig Hill managed to prevent the Ath winning the resulting ruck, allowing them to clear their lines. However, a short while later, the Ath were awarded their

second penalty of the game in front of the posts. They declined the kick at goal and instead kicked to the corner. A great take from Harrison Morgan saw the Ath again set up a driving maul.

This time there was no stopping it and man of the match Ben Owen powered his way over the line. Joe Watts then narrowly missed the conversion, due to his standing foot slipping just as he struck the ball.

Kenfig Hill, again came back at the Ath, piling on the pressure and again aided by a growing penalty count. However, the Ath defence, with flankers Ryan Neagle and Sion Vigus quite outstanding; and all the forwards and backs tackling their hearts out, saw Kenfig Hill remain scoreless in the second half. Scrum half Thom Lewis kicking the ball off the field in injury time to signal the final whistle.

This was a very well deserved, hard-earned win against a very strong Kenfig Hill outfit, and the coaches are extremely proud of the commitment and ability shown by all 22 players who took the field. They can now look forward to the rest of the season in League 2 with a huge amount of confidence for such a young Youth team.

AB

Flint strikes again – On and Off the Turf with Brian Lee

BRIDGEND trainer John Flint landed the second division of the handicap hurdle at Newbury on Wednesday (January 15) with his nine-year-old Eddie Maurice, which beat Kim Bailey's Mon Patois by a head in a photo-finish.

Eddie Maurice, partnered by Bridgend's Jack Tudor, went off the 3-1 favourite. Kenny George, ridden by Adam Wedge and trained by Christian Williams at Ogmores-by-Sea, finished in third place.

Another Welsh rider to land a winner at the meeting was Ben Jones, who won on *Le Ligerien* for Philip Hobbs.

Versatile Charlie Price, who rides out for Aberthin's Tim Vaughan, won the opener at Doncaster last week on Sam Allwood's 10-1 chance *JobsOnFire*. Charlie has ridden winners on the flat and over the sticks and is a leading Arabian horse racing jockey.

Llancafarn's Evan Williams saw his *Coconut Splash* run out a comfortable winner of the maiden hurdle at Wetherby and stable jockey Adam Wedge

made it a double when scoring an easy win in the handicap chase on the Kerry Lee trained *Ice Cool Chaps*.

Christian's Taunton winner

OGMORE-BY-SEA'S Christian Williams landed the Seniors Handicap Hurdle at Taunton on January 18, with his eight-year-old Limited Reserve.

Ridden by Nick Scholfield, the 10-1 chance scored by three lengths from *My PlaceAtMidnight*.

At Chepstow 24 hours earlier, Llancafarn's Evan Williams, the leading trainer at the course, saw his *Fado Des Broses*, under stable jockey Adam Wedge, beat the odds-on *Getaway Fred* by a neck.

He said: "Adam has given him a lovely ride. We thought we had a chance as you have to have a

graded horse to give 6lb away in these races. "He's a nice horse and found the ground he enjoys."

Vale of Glamorgan Football League round-up

ON a day with only a handful of games played, was there a turning point in the campaign at the top of the premier division?

Island Marine brought Holton Road's unbeaten streak to a screeching halt with a thumping 5-0 victory at Maslin Park. Marine moved up to third place and sit two points behind Holton with a game in hand. Holton Road, down to 10 men (a man sent off early) still sit one point behind Rhose. This title race is becoming the most thrilling in years with four teams in contention for the title: plenty of twists and turns to come in the most competitive

premier division for a few years.

Penarth Town triumphed over Tynwydd 4-0 at the Butts, moving up to seventh place. In Division One, Barry Athletic B stunned Cadroxton Barry with a 3-2 win – that's three games without a win for Caddy, whose title aspirations seem to be disappearing. Athletic B go to fifth while Cwm Talwg played out a 2-2 draw with SP Billy; both sides remain unbeaten in 2020. Perkins and Galsworthy netted for Talwg with Ingham and Tyler responding for SP. Just four games played in the league as the weather won out, but with a dry forecast, look for a full league program next week.

HD



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**2020 Six Nations Competition
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Please circle the team you predict will win or circle "Draw" for a tie.

Points awarded: **Correct winning team 1 Point Draw 3 Points**

The winner will be the entry with the highest number of points.

In the event of a tie, the closest to the total number of tries scored will decide the winner.

Date KO GMT HomeAway

1st February	2.15 pm	Wales	v	Italy	Draw
1st February	4.45 pm	Ireland	v	Scotland	Draw
2nd February	3.00 pm	France	v	England	Draw
8th February	2.15 pm	Ireland	v	Wales	Draw
8th February	4.45 pm	Scotland	v	England	Draw
9th February	3.00 pm	France	v	Italy	Draw
22nd February	2.15 pm	Italy	v	Scotland	Draw
22nd February	4.45 pm	Wales	v	France	Draw
23rd February	3.00 pm	England	v	Ireland	Draw
7th March	2.15 pm	Ireland	v	Italy	Draw
7th March	4.45 pm	England	v	Wales	Draw
8th March	3.00 pm	Scotland	v	France	Draw
14th March	2.15 pm	Wales	v	Scotland	Draw
14th March	4.45 pm	Italy	v	England	Draw
14th March	8.00 pm	France	v	Ireland	Draw

Tie Breaker:- Prediction of the total number of TRIES scored in the tournament =

Name: **IMPORTANT – Please make your prediction**

Tel. No. Email: (optional)

Submit completed forms with entry money in an envelope **before 1st February** to: Boxes at the Bear Hotel or Gem Offices, Cowbridge. Or hand to any Cowbridge Rotarian.

Or to:- Andrew Lane, 11, Llanquian Close, Cowbridge CF71 7HQ

For additional forms, email: cowbridge.rotary@yahoo.co.uk

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Injury-hit Barry are over-powered at Porth

VISITING Porth last Saturday, Barry RFC were hopeful they could improve on last week's performance against a side struggling in the league.

Unfortunately, this was not to be as the home side just did the basics well to finish easy winners by 36-11.

In their defence, Barry were again forced by injury to juggle the selection, with players out of position, a situation not helpful when the team are battling for League points.

Porth kicked off and regathered the kick, something that occurred five times during the game, but Barry countered to make some ground and reach the home 10-metre line.

The lineout gave Barry a penalty chance and Kyle Barross stepped up to do the honours for a 3-0 lead.

The lead was short lived as Porth regathered their kick-off and with quick and accurate passing, beat the Barry defence for a converted try and a 7-3 lead.

Another penalty chance for Barry sailed just wide but they maintained pressure on Porth, forcing a further penalty which Kyle Barross kicked to reduce the deficit to a single point.

Counter-attacking at every opportunity, Porth always looked threatening, and they were helped by some inept kicking from defence. Barry spent an uncomfortable 10 minutes under pressure, and the fact they did not concede a point in this period is to their credit.

Failing to find touch was to cost Barry as an ensuing penalty took Porth to the Barry line, where the lineout was driven over to give Porth their second converted try and a 14-6 lead as the half drew to a close.

That score was added to just before the whistle as the sustained home pressure earned a penalty and a half time lead of 17-6.

It had been a hard first half for Barry, and things got worse from the second half kick off as they spilled the ball in defence to see Porth score an unconverted try.

Barry suddenly found a bit of momentum and got themselves on the attack from a lineout steal. Good linking play from the forwards saw the ball reach Alyn Evans to battle his way over for an unconverted try to bring the score to 22-11.

Barry again failed to gather the restart, leading to two penalties in quick succession and ending with Porth close to the Barry line. Despite some desperate defending, Barry were unable to hold the forward drive

and Porth were over for a converted try, taking the score to 29-11.

Although Barry had occasional forays in attack they never really threatened the Porth line and the remainder of the game saw Porth in charge, using their heavier pack to create space for the threequarters.

They were back close to the Barry line in the closing minutes and again it was the forwards who did the groundwork, as a line-out drive gave them a further converted try to run out comfortable winners by 36-11.

Barry will certainly be more than disappointed with this performance and will need to pick themselves up for next week's encounter when they entertain bottom club Cambrian Welfare. A win is vital in their efforts to maintain First Division status, kick off is at 2.30pm.

The club lottery rolls over to £1,250 this week after last week's numbers 06 - 12 - 18 and 20 failed to produce a winner. One ticket matched three numbers to win £10.

The club still have some tickets available for the Home Internationals against Italy, France and Scotland.

Further information is available by email to deanneham@ntlworld.com

AJ

Barry bang in seven as they run riot against Carmarthen



Evan Press and Mo Touray both found the target on Saturday.

BARRY Town stunned a fragile Carmarthen Town 7-1 at Jenner Park on Saturday night, shrugging off their injury woes and goal-shy reputation in some style, while shoring up their standing in the JD Cymru Premier's top four.

It was the first time the Jenner Park outfit had scored seven in a single Cymru Premier fixture since striker Jamie Moralee netted four times in a December 2001 7-1 mauling of Oswestry Town.

Kristian O' Leary's Carmarthen came to Jenner Park unbeaten in three, but soon found themselves without the experience of goalkeeper Lee Idzi; the former Merthyr man injured in the warm-up, leaving youngster Thomas Windsor to deputise for only the second time in their league campaign.

In their change blue and white hoops, the Old Gold looked to snatch an early advantage, only for Liam Thomas to see his close-range effort past goalkeeper Mike Lewis bounce off the crossbar and then be cleared off the line, in what would prove a rare opportunity for the visitors.

Encouraged by the recruitment of St Kitts and Nevis international Theo Wharton, Barry hit the ground running and surged ahead in the sixth minute, as leading goalscorer Kayne McLaggon cut inside a pair of Carmarthen defenders and laced the ball past Windsor into the bottom corner.

The striker scored again on 16 minutes, executing a perfectly-judged scissors kick to score, after an exquisite first-touch delivery from teammate Mo Touray out on the right-hand flank.

Within moments, the provider turned goalscorer as Touray composedly slotted home Barry's third, leaving Carmarthen apparently dead in the water with more than 70 minutes to play.

There were brief signs of an Old Gold revival after 35 minutes when Callum Saunders pulled a goal back, his low, left-footed free kick leaving Lewis a stumped bystander.

However, stand-in skipper Luke Cooper restored Barry's three-goal cushion after 38 minutes, tapping home from close range after McLaggon had prevailed in an aerial battle with Windsor.

Then, three minutes before half-time, Jack Compton netted a fine free-kick to put Barry 5-1 in front,

lifting the ball above and beyond the beleaguered Carmarthen goalkeeper from all of 30 yards out.

Compton had already skimmed one of Windsor's posts from a similar set piece earlier in the night, but the former Portsmouth man, whose stop-start Jenner Park career has been blighted by injury, could finally celebrate his first goal in Barry Town colours.

Barry were only denied an electric sixth when McLaggon's back-post strike was ruled out for offside, preventing the Wales C hitman from completing his hat-trick at the close of an action-packed half.

Attacking the Barry Road end in the second period, Barry made it 6-1 on 69 minutes, with Clayton Green latching onto a loose ball in the box, after McLaggon had again made a nuisance of himself.

With the game emphatically over, Wales under-21 international Rhys Abbruzzese impressed late on, the second generation star dazzling with his footwork in pursuit of another Barry goal.

Meanwhile, a persistent McLaggon hit a post in the final 15 minutes, as academy products Lathan Garrett and Alex Brookes-Bent were each handed their first team debuts from the bench.

As it was, it was more young blood in Evan Press who rubber-stamped the romp on 90 minutes, side-footing home after terrific Touray's long-range curler cannoned back off Windsor's crossbar.

Rounding out Phase One with a haul of 40 points, Barry now sit just one behind third-placed Bala Town, who, it turns out, will provide the final opponents of their campaign at Maes Tegid in April.

With a two-week break in the offing, Barry's Phase Two programme begins at home to title-chasing Connah's Quay Nomads on Saturday, February 8, (2.30pm kick-off), before Gavin Chesterfield's squad travel to play bogey team Newtown at Latham Park, seven days later (2.30pm).

Report by Ashley Cox

Dinas Powys take the spoils in a quality game

DINAS Powys RFC – the 'Villagers' – welcomed Rhiwbina to the Common on a still and sunny day, perfect for playing rugby, and the large crowd were royally entertained, with both sides opting to play an expansive running game.

The visitors affectionately known as the 'Squirrels' – the creature that adorns their shirts – got the better of the opening 10 minutes and scored first through a penalty kicked by full back Ryan Stacey.

Within a few minutes the Villagers were level with a penalty of their own by outside half Callum Bricknell.

The home side then enjoyed a period of dominance of their own as scrum half Sam Middlemiss sniped from the base of rucks with Josh Dunleavy and fellow back-rowers Ryan Hall and Fin Davies on his shoulder.

An opening try seemed inevitable and eventually a burst by Adam Williams took three defenders to halt the powerful centre and the recycled ball was transferred by Middlemiss, Bricknell and centre Ciaran Driscoll to right wing Rhys Evans who crossed in the corner. The conversion from the touchline was kicked by Bricknell and

the home side led by 10-3.

The Squirrels showed resolution and replied with a further penalty and at half time the score stood at 10-6.

The visitors, following a passionate half time roasting from their coach, dominated the first 10 minutes of the second half and seemed destined to add to their total.

However, a series of powerful line-out drives were repelled by stern Dinas defence. The introduction of flanker Lewis Dunleavy for his seasonal bow saw the brothers Dunleavy combine to drive back a powerful Rhiwbina surge in the Villagers' 22.

The ball was turned over and a huge clearing kick by Bricknell relieved the pressure. The resulting lineout was stolen by the towering Dinas second row Rhodri Evans and replacement scrum half Carwyn Jones unleashed Bricknell and his threequarters. Centres Driscoll and Williams released left wing Matthew Williams, who was tackled just short. The ball was recycled to centre Adam Williams, who barrelled his way over the line; he was adjudged to have been held up.

A powerful drive from the resulting five-metre scrum saw front rowers Rhys Forse, Joe Page and Andrew O'Mallia force the visitors backwards so quickly

the ball shot out of the scrum and was transferred smoothly to the right wing Rhys Evans, who crossed for his second try of the contest.

The conversion was wide from Bricknell but he was having a huge influence on proceedings with his tactical kicking and skilful distribution that soon got the 'Villagers' into the opposition 22. A penalty was awarded and quickly taken by Adam Williams and passed to Ryan Hall, who crashed over for a try that Bricknell converted to extend the lead to 22-6.

The Squirrels were forced to chase the game and an elaborate backs move was identified by Bricknell, who intercepted on half way and scampered away for the bonus point-gaining fourth try, that he also converted.

The final 15 minutes of the contest saw the visitors enjoy a further period of pressure that resulted in them scoring a consolation try for a final scoreline of 29-11.

This was a vital victory gained with a cohesive display that will put the Villagers in good heart for the visit of high-flying Rhydyfelin to the Common on January 25, to 2.30pm.

HJ

Barry and District Ladies Skittles League round up

THE latest results for the Barry and District Ladies Skittles League are as follows:

Division 1: Cadoxton Conservative Fillies 249(T Dyball 26) v Cigar Ladies 267 (A Mills 27); Barry Stars 232 (W Phillips 28) v Bakers Dozen 231 (M Lewis 23); Pila Pala 245 (M Jones 26) v Allsorts 214 (C Newall, C Best 22); Challengers 247 (D Collard 29) v Sea View Gals 265 (J Richards 27).

Division 2: Bobby's Girls 246 (J Barnett 27) v Breakaways 252 (C Parfitt 30); Colcot Ladies 257 (P Johnson 31) v Pursuers 248 (E Gardener 26); Rugby Triers 228 (N Williams 32) v Rhooose Starlights 220 (K Bryan 28); Clickies 211 (E Walters 26) v

Witchill Weebies 155 (P Wesball 22).

Division 3: Dolly Mixtures 18 (G Burdge 25) v Sea View Ladies 148 (G Davy 23); Westenders 241 (T Coombes 27) v Witchill Widows 226 (S Burn 27); Liberals 233 (B Binding 25) v Vixens 238 (L Galsworth 25); Airways Angels 262 (A Sales 31) v Off the Rails 242 (G Griffiths 27).

Division 4: Optimists 209 (J Holland 26) v Socialites 190 (D Harris 26); Rebels 221 (C Carter 27) v Witches 248 (L Carey 28); Drifters 219 (T Jolliffe 26) v Bimbos 243 (M Winder 27); Nite Outers 228 (V McCoan 25) v Twilights 156 (A Campbell 25).

AB